



## Sweet and Sour Stir Fry

 Vegetarian  Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup water
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 2 tablespoons soya sauce
- 0.5 teaspoon ground ginger
- 8 ounces pineapple chunks drained canned
- 0.8 pound tofu firm cut into 1-inch cubes
- 2 teaspoons cornstarch

- 2 tablespoons water cold
- 1 tablespoon sesame oil
- 0.5 cup onion chopped
- 1 cup carrots sliced
- 1 medium bell pepper green cut into 1-inch pieces (1 cup)
- 4 cups rice hot cooked
- 1 serving sunflower seeds

## Equipment

- bowl
- frying pan
- wok

## Directions

- Mix 1/4 cup water, the vinegar, honey, soy sauce, ginger and pineapple juice.
- Place tofu in small glass or plastic bowl.
- Pour juice mixture over tofu; toss gently. Cover and refrigerate 1 to 2 hours.
- Remove tofu from marinade; reserve marinade. Dissolve cornstarch in 2 tablespoons water.
- Heat sesame oil in wok or 12-inch skillet over medium-high heat.
- Add onion and carrots; stir-fry about 3 minutes or until crisp-tender.
- Add pineapple, tofu and bell pepper; gently stir-fry 2 minutes.
- Stir cornstarch mixture into reserved marinade; pour into wok. Cook 2 minutes, stirring occasionally. Reduce heat; cover and cook 2 minutes.
- Serve over rice.
- Sprinkle with nuts.

## Nutrition Facts



## Properties

Glycemic Index:83.78, Glycemic Load:51.87, Inflammation Score:-10, Nutrition Score:15.850869614145%

## Flavonoids

Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

## Nutrients (% of daily need)

Calories: 397.13kcal (19.86%), Fat: 8.04g (12.37%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 63.67g (23.15%), Sugar: 15.99g (17.77%), Cholesterol: 0mg (0%), Sodium: 533.75mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.84%), Vitamin A: 5484.94IU (109.7%), Manganese: 1mg (50.04%), Vitamin C: 32.65mg (39.57%), Selenium: 12.63µg (18.04%), Vitamin B6: 0.35mg (17.42%), Fiber: 3.94g (15.76%), Calcium: 152.86mg (15.29%), Copper: 0.24mg (11.78%), Iron: 2.05mg (11.36%), Phosphorus: 109.27mg (10.93%), Magnesium: 41.77mg (10.44%), Vitamin B1: 0.15mg (9.72%), Potassium: 338.76mg (9.68%), Vitamin B3: 1.68mg (8.4%), Vitamin B5: 0.8mg (7.99%), Zinc: 1.06mg (7.04%), Vitamin K: 7.38µg (7.03%), Folate: 22.75µg (5.69%), Vitamin B2: 0.08mg (4.81%), Vitamin E: 0.54mg (3.58%)