



WHATSheATE



Sweet and Sour Stir Fry



Vegetarian



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup carrots sliced



1 tablespoon apple cider vinegar



4 cups rice hot cooked



2 teaspoons cornstarch



1 medium bell pepper green cut into 1-inch pieces (1 cup)



0.5 teaspoon ground ginger



1 tablespoon honey



0.5 cup onion chopped

- ☐ 8 ounces pineapple chunks drained canned
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 4 servings sunflower seeds
- ☐ 0.8 pound tofu firm cut into 1-inch cubes
- ☐ 0.3 cup water
- ☐ 2 tablespoons water cold

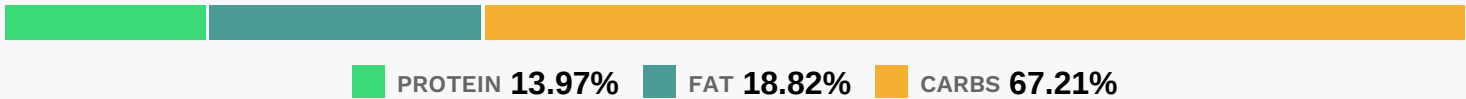
Equipment

- ☐ 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:51.89, Inflammation Score:-10, Nutrition Score:16.198695763298%

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: 401.51kcal (20.08%), Fat: 8.43g (12.97%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 67.75g (22.59%), Net Carbohydrates: 63.75g (23.18%), Sugar: 16.01g (17.79%), Cholesterol: 0mg (0%), Sodium: 533.82mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.15%), Vitamin A: 5485.32IU (109.71%), Manganese: 1.02mg (50.77%), Vitamin C: 32.66mg (39.59%), Selenium: 13.02µg (18.61%), Vitamin B6: 0.36mg (17.93%), Fiber: 4g (16.02%), Calcium: 153.45mg (15.34%), Copper: 0.25mg (12.46%), Iron: 2.08mg (11.58%), Phosphorus: 114.22mg (11.42%), Magnesium: 44.21mg (11.05%), Vitamin B1: 0.16mg (10.46%), Potassium: 343.6mg (9.82%), Vitamin B3: 1.74mg (8.71%), Vitamin B5: 0.81mg (8.08%), Zinc: 1.09mg (7.29%), Vitamin K: 7.38µg (7.03%), Folate: 24.46µg (6.11%), Vitamin E: 0.8mg (5.34%), Vitamin B2: 0.08mg (4.96%)