



Szechuan-Style Tofu with Peanuts

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baby carrots
- 2 teaspoons black bean garlic sauce
- 1 tablespoon canola oil
- 1 teaspoon cornstarch
- 0.3 cup roasted peanuts unsalted chopped
- 0.5 cup fat-skimmed beef broth fat-free
- 0.5 cup spring onion chopped
- 1 tablespoon ground ginger fresh (such as Spice World)

- 7 ounce jasmine rice
- 1 tablespoon soy sauce
- 8 ounce mushrooms
- 0.3 teaspoon salt
- 14 ounce tofu firm drained cut into 1-inch pieces
- 1 tablespoon chili paste depending on your taste pref fresh (ground chile paste)

Equipment

- frying pan
- whisk
- aluminum foil
- broiler

Directions

- Preheat broiler.
- Cook rice according to package directions, omitting salt and fat.
- Arrange tofu in a single layer on a foil-lined jelly-roll pan coated with cooking spray; broil 14 minutes or until golden.
- While tofu cooks, combine broth and next 4 ingredients (through black bean sauce), stirring with a whisk; set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add salt and mushrooms; saut 4 minutes or until mushrooms begin to release liquid, stirring occasionally. Stir in carrots and ginger; cook 1 minute.
- Add broth mixture; cook 30 seconds or until sauce begins to thicken.
- Remove from heat; stir in tofu and onions.
- Serve over rice; sprinkle with peanuts.

Nutrition Facts



PROTEIN 18.27% **FAT 30.01%** **CARBS 51.72%**

Properties

Glycemic Index:35.05, Glycemic Load:24.7, Inflammation Score:-9, Nutrition Score:16.299565175305%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 387.11kcal (19.36%), Fat: 13.1g (20.16%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 50.81g (16.94%), Net Carbohydrates: 46.83g (17.03%), Sugar: 3.28g (3.64%), Cholesterol: 0mg (0%), Sodium: 469.93mg (20.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.89%), Manganese: 1.26mg (63.12%), Vitamin A: 2339.36IU (46.79%), Vitamin K: 29.98µg (28.55%), Vitamin B3: 4.75mg (23.73%), Selenium: 15.07µg (21.53%), Copper: 0.4mg (19.75%), Vitamin B2: 0.3mg (17.43%), Calcium: 167.53mg (16.75%), Phosphorus: 164.24mg (16.42%), Vitamin B5: 1.61mg (16.05%), Fiber: 3.98g (15.91%), Iron: 2.83mg (15.74%), Potassium: 434.52mg (12.41%), Magnesium: 43.15mg (10.79%), Vitamin B6: 0.21mg (10.64%), Folate: 40.03µg (10.01%), Vitamin B1: 0.13mg (8.6%), Zinc: 1.18mg (7.89%), Vitamin C: 4.61mg (5.58%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.08µg (1.32%)