



Thai Fried Rice with Tofu



Vegetarian



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups bok choy coarsely chopped (1 large head)
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons bottled ginger minced
- ☐ 2 cups basmati rice chilled cooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups green beans frozen thawed
- ☐ 1 tablespoon brown sugar light

- ☐ 4 lime wedges
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.3 cup roasted cashews salted chopped
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup coconut sweetened flaked toasted
- ☐ 9.2 ounce spicy tofu cut into 1/2-inch pieces (such as Marjon)

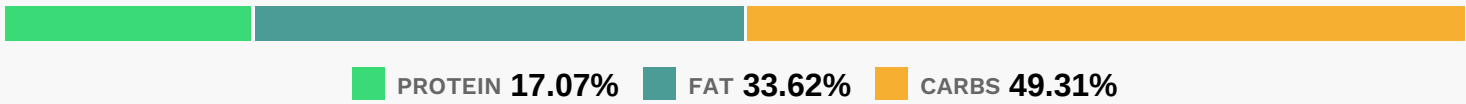
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger and next 3 ingredients; saut 3 minutes.
- ☐ Add coconut and brown sugar; cook 1 minute. Push tofu mixture to one side of pan.
- ☐ Add egg to empty side of pan; stir-fry 1 to 2 minutes or until soft-scrambled.
- ☐ Add bok choy, green beans, and cashews, and cook 5 minutes or until vegetables are tender, stirring occasionally. Stir in rice and soy sauce, and cook 2 minutes or until thoroughly heated.
- ☐ Serve with lime wedges.
- ☐ Note: The rice for this recipe was prepared ahead and chilled overnight. It was cooked in the microwave according to package directions, omitting salt and fat. Use 2/3 cup uncooked rice and 1 1/3 cups water to get a 2-cup yield of cooked rice. If you have any kind of leftover cooked rice from another meal, you may substitute it for the jasmine rice, if desired.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:25.55, Inflammation Score:-9, Nutrition Score:17.085217434427%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 312.78kcal (15.64%), Fat: 12.04g (18.52%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 35.73g (12.99%), Sugar: 8.07g (8.97%), Cholesterol: 46.5mg (15.5%), Sodium: 582.84mg (25.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.51%), Vitamin A: 2781.06IU (55.62%), Vitamin K: 45.04µg (42.9%), Vitamin C: 34.41mg (41.71%), Manganese: 0.75mg (37.49%), Calcium: 184.95mg (18.49%), Selenium: 12.56µg (17.94%), Copper: 0.35mg (17.3%), Iron: 3.02mg (16.79%), Folate: 66.05µg (16.51%), Vitamin B6: 0.33mg (16.5%), Fiber: 4g (15.99%), Phosphorus: 159.66mg (15.97%), Magnesium: 62.95mg (15.74%), Potassium: 393.49mg (11.24%), Vitamin B2: 0.19mg (10.99%), Zinc: 1.36mg (9.05%), Vitamin B5: 0.84mg (8.42%), Vitamin B3: 1.5mg (7.49%), Vitamin B1: 0.11mg (7.2%), Vitamin E: 0.91mg (6.1%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)