

Thai-Style Basil Tofu and Asparagus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb asparagus trimmed cut into 1-inch lengths
- 1 lb tofu pressed drained cut into 1-inch cubes
- 1 cup basil fresh chopped
- 4 cloves garlic minced
- 4 spring onion sliced thin
- 4 kaffir lime leaves (with the asparagus) grated thinly sliced
- 1 tbsp soy sauce reduced-sodium
- 1 small to 2 chilies slit (green red minced seeded)

- 4 servings soya sauce
- 0.3 cup vegetable stock fat-free

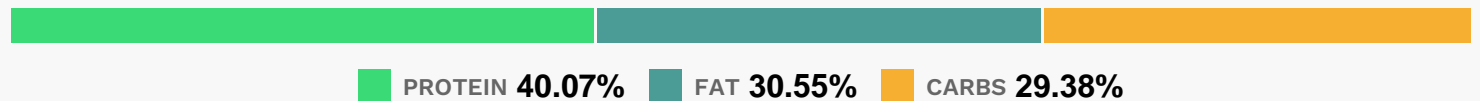
Equipment

- frying pan

Directions

- Brush or spray a large, deep, non-stick skillet with oil or cooking spray and heat over medium-high heat.
- Place the tofu in the skillet and cook until one side is brown. Carefully turn over the cubes of tofu and brown on the other side. Toss in garlic, chiles, green onion, and lime leaves and stir-fry 1 minute.
- Add soy sauce and mix well.
- Add asparagus, red bell pepper, and broth; cover and cook just until asparagus is bright green, 3 to 4 minutes.
- Add basil, and mix thoroughly, cooking until basil is just wilted.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:15.150869452435%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 17.19mg, Quercetin: 17.19mg, Quercetin: 17.19mg, Quercetin: 17.19mg

Nutrients (% of daily need)

Calories: 145.07kcal (7.25%), Fat: 5.24g (8.06%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.67g (4.07%), Cholesterol: 0mg (0%), Sodium: 1274.75mg (55.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.9%), Vitamin K: 96.96µg (92.35%), Vitamin A: 1335.41IU (26.71%), Iron: 4.69mg (26.05%), Manganese: 0.42mg (21.21%), Calcium: 198.45mg (19.85%), Folate: 75.82µg

(18.95%), Fiber: 4.3g (17.21%), Vitamin C: 11.97mg (14.51%), Copper: 0.28mg (14.13%), Vitamin B2: 0.21mg (12.61%), Vitamin B1: 0.19mg (12.6%), Phosphorus: 101.4mg (10.14%), Vitamin B3: 2mg (10.02%), Vitamin B6: 0.2mg (9.97%), Potassium: 344.15mg (9.83%), Vitamin E: 1.41mg (9.43%), Magnesium: 32.83mg (8.21%), Zinc: 0.85mg (5.68%), Selenium: 3.29µg (4.7%), Vitamin B5: 0.43mg (4.31%)