



Thai Tofu with Zucchini, Red Bell Pepper, and Lime

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

Ingredients

- 12 ounce extra tofu dry drained cut into 1/2-inch cubes
- 0.5 cup basil fresh divided sliced
- 1 tablespoon ginger fresh minced peeled
- 3 tablespoons juice of lime fresh ()
- 2 tablespoons vegetable oil; peanut oil preferred divided
- 1 large bell pepper diced red
- 1.5 tablespoons soya sauce

- 0.8 teaspoon curry paste red
- 1.3 cups coconut milk unsweetened canned
- 1 pound zucchini green yellow cut into 1/2-inch cubes

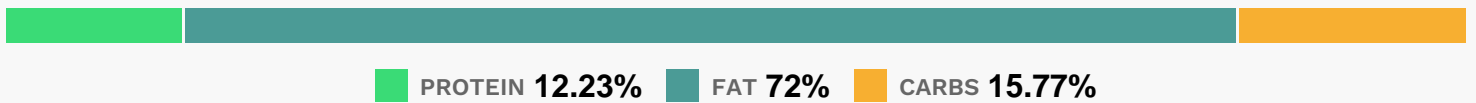
Equipment

- bowl
- frying pan

Directions

- Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- Add tofu; sauté until golden, about 4 minutes.
- Transfer tofu to bowl.
- Add remaining 1 tablespoon oil, then zucchini and bell pepper to skillet; sauté until beginning to soften, about 4 minutes. Return tofu to skillet.
- Add ginger; stir 30 seconds.
- Add coconut milk, 3 tablespoons lime juice, soy sauce, and curry paste; stir to dissolve curry paste. Simmer until sauce thickens, about 6 minutes. Season with salt and more lime juice, if desired. Stir in half of basil.
- Sprinkle with remaining basil; serve.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:19.071738968725%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 332.63kcal (16.63%), Fat: 28.26g (43.47%), Saturated Fat: 18.47g (115.46%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 9.87g (3.59%), Sugar: 8.48g (9.42%), Cholesterol: 0mg (0%), Sodium: 453.94mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Vitamin C: 79.1mg (95.88%), Manganese: 1.05mg (52.68%), Vitamin A: 1822.04IU (36.44%), Copper: 0.48mg (23.88%), Phosphorus: 231.42mg (23.14%), Potassium: 767.44mg (21.93%), Magnesium: 84.17mg (21.04%), Vitamin K: 19.53µg (18.6%), Vitamin B6: 0.37mg (18.26%), Iron: 3.22mg (17.9%), Fiber: 4.06g (16.23%), Folate: 63.45µg (15.86%), Vitamin E: 2.06mg (13.71%), Vitamin B1: 0.17mg (11.29%), Vitamin B2: 0.19mg (10.89%), Zinc: 1.58mg (10.54%), Vitamin B3: 2.04mg (10.22%), Selenium: 5.31µg (7.59%), Calcium: 70.01mg (7%), Vitamin B5: 0.56mg (5.57%)