



Tofu and Mushrooms



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots chopped
- ☐ 2 cups brown rice hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions minced
- ☐ 5 tablespoons soya sauce low-sodium

- ☐ 1.5 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 teaspoon rice vinegar
- ☐ 2 tablespoons sake (rice wine)
- ☐ 8 ounces shiitake mushroom caps quartered
- ☐ 12.3 ounce extrafirm silken tofu drained cut into 1/2-inch cubes
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons water
- ☐ 1 teaspoon sambal oelek (chile paste)

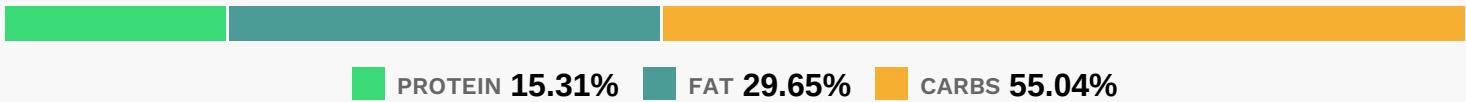
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add the mushrooms, carrot, onions, ginger, and garlic; saut 2 minutes. Stir in broth, soy sauce, sake, sugar, and sambal oelek. Cover, reduce heat, and simmer for 10 minutes, stirring occasionally.
- ☐ Combine the cornstarch, water, and vinegar, stirring well with a whisk.
- ☐ Add cornstarch mixture to broth mixture, stirring well; bring to a boil. Cook 1 minute or until thick, stirring constantly.
- ☐ Remove from heat; add tofu. Cover and let stand 10 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:82.03, Glycemic Load:13.38, Inflammation Score:-9, Nutrition Score:17.535217176313%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 274.03kcal (13.7%), Fat: 8.95g (13.77%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 33.09g (12.03%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 976.91mg (42.47%), Alcohol: 1.21g (100%), Alcohol %: 0.41% (100%), Protein: 10.4g (20.79%), Manganese: 1.36mg (67.81%), Vitamin A: 2800.14IU (56%), Vitamin K: 28.06µg (26.72%), Magnesium: 100.7mg (25.17%), Phosphorus: 246.04mg (24.6%), Vitamin B3: 4.58mg (22.88%), Vitamin B6: 0.41mg (20.38%), Copper: 0.39mg (19.6%), Potassium: 603.57mg (17.24%), Fiber: 4.28g (17.13%), Vitamin B1: 0.23mg (15.2%), Vitamin B2: 0.25mg (14.82%), Vitamin B5: 1.43mg (14.29%), Zinc: 1.92mg (12.83%), Iron: 2.11mg (11.72%), Folate: 32.21µg (8.05%), Vitamin E: 1.09mg (7.29%), Selenium: 4.99µg (7.13%), Calcium: 63.2mg (6.32%), Vitamin C: 3.9mg (4.73%), Vitamin B12: 0.11µg (1.89%), Vitamin D: 0.23µg (1.51%)