



## Tofu and Sweet Potato Jambalaya

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 oz tofu firm packed in water, drained
- 1 tablespoon vegetable oil
- 1 large rum peeled cut into 1/2-inch cubes (2 cups)
- 2 cloves garlic finely chopped
- 14 oz vegetable stock canned
- 0.8 cup rice long-grain uncooked
- 2 tablespoons worcestershire sauce
- 0.3 teaspoon ground pepper red (cayenne)

- 15 oz black beans rinsed drained canned
- 0.8 cup spring onion sliced

## Equipment

- frying pan
- paper towels

## Directions

- Place tofu between 2 layers of paper towels; press gently to remove as much water as possible.
- Cut into 3/4-inch cubes.
- In 12-inch skillet, heat oil over medium heat.
- Add tofu; cook 6 to 8 minutes, turning frequently, until light golden brown.
- Remove tofu from skillet; set aside.
- In same skillet, cook sweet potato and garlic 2 to 3 minutes, stirring occasionally, just until sweet potato begins to brown. Stir in broth, uncooked rice, Worcestershire sauce and red pepper.
- Heat to boiling. Reduce heat; cover and simmer 10 minutes.
- Stir in beans. Cover; cook 8 to 10 minutes, stirring occasionally, until rice is tender and liquid is absorbed. Stir in tofu and onions. Cook 1 to 2 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:57.55, Glycemic Load:17.92, Inflammation Score:-6, Nutrition Score:13.884782625281%

## Flavonoids

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 357.47kcal (17.87%), Fat: 8.37g (12.87%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 43.33g (15.76%), Sugar: 2.5g (2.77%), Cholesterol: 0mg (0%), Sodium: 924.62mg (40.2%), Alcohol: 0.08g (100%), Alcohol %: 0.03% (100%), Protein: 18.17g (36.34%), Vitamin K: 45.31µg (43.15%), Fiber: 9.13g (36.53%), Manganese: 0.68mg (34.14%), Iron: 4.25mg (23.62%), Folate: 80.48µg (20.12%), Calcium: 196.45mg (19.64%), Phosphorus: 169.41mg (16.94%), Copper: 0.32mg (15.9%), Potassium: 495.62mg (14.16%), Vitamin B1: 0.19mg (12.85%), Magnesium: 51.3mg (12.83%), Vitamin B2: 0.17mg (10.2%), Selenium: 7µg (10%), Vitamin C: 8.06mg (9.77%), Vitamin A: 461.4IU (9.23%), Vitamin B6: 0.15mg (7.42%), Zinc: 1.06mg (7.08%), Vitamin B3: 1.39mg (6.97%), Vitamin B5: 0.57mg (5.7%), Vitamin E: 0.46mg (3.1%)