



 **82%**  
HEALTH SCORE

## Tofu and Veggies in Peanut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



20 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 small head broccoli chopped
- 5 mushrooms fresh sliced
- 4 servings ground pepper to taste
- 1.5 tablespoons blackstrap molasses
- 0.5 cup peanut butter
- 1 tablespoon vegetable oil; peanut oil preferred
- 1 small bell pepper red chopped
- 2 tablespoons soya sauce

- 1 pound spicy tofu firm cubed
- 2 tablespoons vinegar
- 0.5 cup water hot

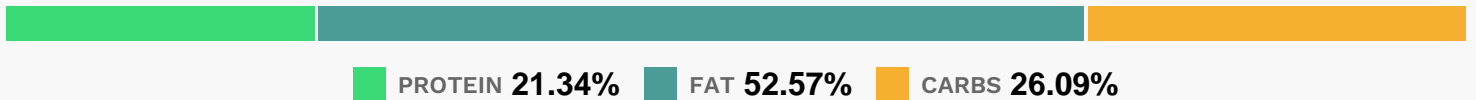
## Equipment

- bowl
- frying pan
- wok

## Directions

- Heat oil in a large skillet or wok over medium-high heat.
- Saute broccoli, red bell pepper, mushrooms and tofu for 5 minutes.
- In a small bowl combine peanut butter, hot water, vinegar, soy sauce, molasses and cayenne pepper.
- Pour over vegetables and tofu. Simmer for 3 to 5 minutes, or until vegetables are tender crisp.

## Nutrition Facts



## Properties

Glycemic Index:66.5, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:30.06608685268%

## Flavonoids

Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

## Nutrients (% of daily need)

Calories: 415.67kcal (20.78%), Fat: 26.03g (40.05%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 21.4g (7.78%), Sugar: 13.55g (15.05%), Cholesterol: 0mg (0%), Sodium: 702.79mg (30.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.55%), Vitamin C: 161.32mg (195.54%), Vitamin K: 157.67µg (150.17%), Manganese: 1.03mg (51.43%), Vitamin A: 2358.4IU (47.17%), Vitamin E: 5.56mg (37.1%), Folate: 139.99µg (35%), Vitamin B3: 6.94mg (34.72%), Fiber: 7.66g (30.65%), Vitamin B6: 0.61mg (30.31%), Magnesium: 116.06mg (29.01%), Potassium: 949.77mg (27.14%), Phosphorus: 256.16mg (25.62%), Calcium:

252.54mg (25.25%), Vitamin B2: 0.39mg (22.82%), Iron: 3.96mg (22%), Copper: 0.35mg (17.7%), Vitamin B5: 1.74mg (17.4%), Vitamin B1: 0.2mg (13.17%), Selenium: 9.09µg (12.98%), Zinc: 1.73mg (11.55%)