



# Tofu, Asparagus, and Red Pepper Stir-Fry with Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

## Ingredients

- 2 cups asparagus sliced (1-inch) (1 pound)
- 2 cups bell pepper strips red
- 1 tablespoon sesame oil dark
- 2 teaspoons sesame oil dark
- 2 garlic cloves minced
- 2 tablespoons soya sauce low-sodium
- 2 cups mushrooms sliced

- 1 cup onion chopped
- 1 Dash pepper red crushed
- 1.5 cups quinoa uncooked
- 2 tablespoons rice vinegar
- 0.5 teaspoon salt
- 2 tablespoons sesame seed
- 12.3 ounce spicy tofu firm cubed drained reduced-fat
- 1.5 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- To prepare dressing, combine first 4 ingredients in a small bowl; stir with a whisk. Set aside.
- To prepare stir-fry, bring water to a boil in a small saucepan. Stir in the quinoa; cover, reduce heat, and simmer 10 minutes.
- Remove from heat.
- Let stand, covered, 10 minutes; fluff with a fork.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic, and stir-fry 5 minutes.
- Add the bell pepper, mushrooms, asparagus, salt, and tofu; stir-fry 3 minutes. Stir in dressing.
- Serve over quinoa, and sprinkle with sesame seeds.

## Nutrition Facts



**PROTEIN 19.5%** **FAT 30.78%** **CARBS 49.72%**

## Properties

Glycemic Index:42.17, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:23.661304251655%

## Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

## Nutrients (% of daily need)

Calories: 298kcal (14.9%), Fat: 10.49g (16.14%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 31.56g (11.48%), Sugar: 4.91g (5.46%), Cholesterol: 0mg (0%), Sodium: 399.59mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.95g (29.9%), Vitamin C: 69.03mg (83.68%), Manganese: 1.15mg (57.42%), Vitamin A: 1904.5IU (38.09%), Folate: 139.75µg (34.94%), Phosphorus: 293.04mg (29.3%), Copper: 0.58mg (29.02%), Magnesium: 115.45mg (28.86%), Fiber: 6.57g (26.29%), Iron: 4.51mg (25.05%), Vitamin B6: 0.5mg (24.99%), Vitamin B2: 0.4mg (23.34%), Vitamin K: 21.65µg (20.62%), Vitamin B1: 0.31mg (20.48%), Potassium: 610.73mg (17.45%), Vitamin E: 2.42mg (16.15%), Vitamin B3: 2.95mg (14.73%), Calcium: 145.59mg (14.56%), Zinc: 2.16mg (14.42%), Selenium: 8.92µg (12.74%), Vitamin B5: 1.14mg (11.44%)