



Tofu, greens & cashew stir-fry



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tbsp vegetable oil



1 head broccoli cut into small florets



4 garlic clove sliced



1 to 5 chilies red deseeded finely sliced



1 bunch spring onion sliced



140 g jicama



2 heads bok choy quartered



300 g spicy tofu

- ☐ 1.5 tbsp hoisin sauce
- ☐ 1 tbsp soya sauce reduced-salt (add extra to suit your own taste)
- ☐ 25 g roasted cashews

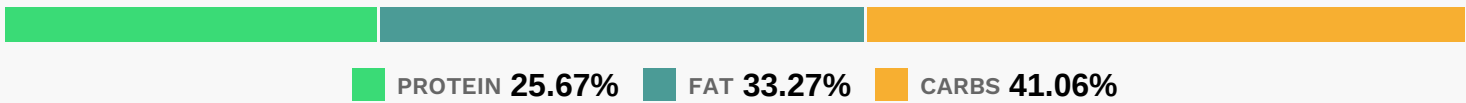
Equipment

- ☐ wok

Directions

- ☐ Heat the oil in a non-stick wok.
- ☐ Add the broccoli, then fry on a high heat for 5 mins or until just tender, adding a little water if it begins to catch.
- ☐ Add the garlic and chilli, fry for 1 min, then toss through the spring onions, soya beans, pak choi and tofu. Stir-fry for 2-3 mins.
- ☐ Add the hoisin, soy and nuts to warm through.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:39.8760869814%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 30.19mg, Kaempferol: 30.19mg, Kaempferol: 30.19mg, Kaempferol: 30.19mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg

Nutrients (% of daily need)

Calories: 275.3kcal (13.77%), Fat: 11.32g (17.41%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 20.18g (7.34%), Sugar: 11.19g (12.43%), Cholesterol: 0.18mg (0.06%), Sodium: 679.61mg (29.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.3%), Vitamin C: 349.91mg (424.13%), Vitamin A: 19887.46IU (397.75%), Vitamin K: 368.74µg (351.18%), Folate: 390.18µg (97.54%), Calcium: 627.35mg (62.73%), Vitamin B6: 1.22mg (61.1%), Manganese: 1.18mg (58.91%), Potassium: 1708.03mg (48.8%), Fiber: 11.25g (44.99%), Iron: 6.38mg (35.44%), Magnesium: 139.95mg (34.99%), Vitamin B2: 0.53mg (31.3%), Phosphorus: 312.42mg (31.24%), Vitamin B1: 0.32mg (21.05%), Vitamin B3: 3.67mg (18.35%), Copper: 0.36mg (18.02%), Vitamin E: 2.19mg

(14.6%), Vitamin B5: 1.43mg (14.3%), Zinc: 1.95mg (13.02%), Selenium: 7.54µg (10.77%)