



Tofu in Spicy Red Coconut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SAUCE

Ingredients

- ☐ 2 cups rice hot cooked
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 large garlic cloves minced
- ☐ 1.3 cups green onions sliced
- ☐ 14 ounce coconut milk light canned
- ☐ 1 tablespoon curry paste red
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons soya sauce plain low-sodium
- ☐ 12.3 ounce spicy tofu firm drained cut into 1/2-inch cubes reduced-fat
- ☐ 2 teaspoons vegetable oil

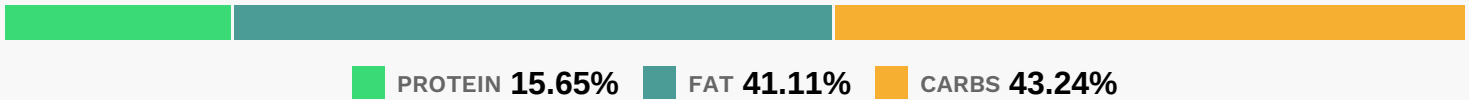
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add green onions, ginger, and garlic; stir-fry 1 minute. Stir in soy sauce, curry paste, salt, milk, and tofu; bring to a simmer. Reduce heat to medium; cook 2 minutes. Stir in basil; serve over rice.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:24.77, Inflammation Score:-7, Nutrition Score:9.5482608442721%

Flavonoids

Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 301.24kcal (15.06%), Fat: 13.3g (20.46%), Saturated Fat: 7.58g (47.39%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 29.37g (10.68%), Sugar: 1.38g (1.54%), Cholesterol: 0mg (0%), Sodium: 671.23mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.79%), Vitamin K: 73µg (69.53%), Manganese: 0.5mg (24.91%), Vitamin A: 955.07IU (19.1%), Calcium: 151.96mg (15.2%), Iron: 1.94mg (10.79%), Selenium: 6.38µg (9.12%), Fiber: 2.1g (8.41%), Vitamin C: 6.93mg (8.39%), Folate: 26.81µg (6.7%), Vitamin B6: 0.13mg (6.41%), Phosphorus: 62.26mg (6.23%), Magnesium: 23.02mg (5.76%), Copper: 0.1mg (4.84%), Potassium: 158.35mg (4.52%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.37mg (3.72%), Vitamin B2: 0.06mg (3.38%), Vitamin B3: 0.6mg (3.02%), Vitamin E: 0.43mg (2.89%), Vitamin B1: 0.04mg (2.66%)