



HEALTH SCORE

24%

Tofu Pineapple Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- 1 cup pineapple fresh cut into chunks
- 1 cup extra tofu firm cubed
- 1 bell pepper red cut into one-inch chunks
- 2 stalks celery sliced
- 0.8 cup carrots cut into matchsticks
- 4 cloves garlic minced
- 2 tablespoons lemon grass pureed
- 12 chillies dried

- 4 tablespoons vegetable oil; peanut oil preferred divided
- 3 tablespoons soya sauce
- 2 tablespoons oyster sauce
- 2 teaspoons sesame oil
- 0.5 tablespoon little demerara sugar
- 1 teaspoon frangelico
- 1 teaspoon frangelico

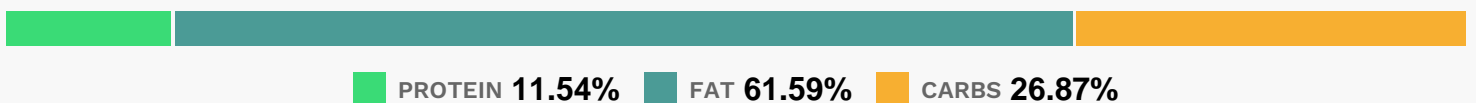
Equipment

- bowl
- wok

Directions

- In a small bowl mix soy sauce, oyster sauce, sesame oil, sambal oelek and sugar together and set aside.
- In a large wok heat 2 tbsp of peanut oil over high heat.
- Add chilies and lemongrass and fry until fragrant.
- Add tofu and stir-fry until golden. About five minutes
- Remove chilies and tofu and set aside.
- Add the remainder of the peanut oil to the wok and add the veggies.
- Stir-fry until the carrot is tender, but the pepper is still slightly crisp. 4–6 minutes.
- Add tofu and chilies back and pour in the sauce.
- Toss to coat and let the sauce reduce slightly. 1–2 minutes.
- Remove from heat and serve immediately over noodles or brown basmati rice.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:4.43, Inflammation Score:-10, Nutrition Score:16.37347826087%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Taste

Sweetness: 100%, Saltiness: 13.2%, Sourness: 33.21%, Bitterness: 34.73%, Savoriness: 2.29%, Fattiness: 60.39%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 247.02kcal (12.35%), Fat: 17.56g (27.01%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 14.35g (5.22%), Sugar: 9.7g (10.77%), Cholesterol: 0mg (0%), Sodium: 1075.1mg (46.74%), Protein: 7.4g (14.8%), Vitamin A: 5452.38IU (109.05%), Vitamin C: 61.31mg (74.32%), Manganese: 0.74mg (36.83%), Vitamin E: 2.97mg (19.77%), Vitamin B6: 0.27mg (13.37%), Vitamin K: 12.82µg (12.21%), Copper: 0.24mg (12.14%), Potassium: 424.09mg (12.12%), Fiber: 2.88g (11.54%), Phosphorus: 115.28mg (11.53%), Iron: 1.79mg (9.95%), Magnesium: 39.7mg (9.93%), Folate: 39.38µg (9.85%), Vitamin B1: 0.14mg (9.03%), Vitamin B3: 1.79mg (8.94%), Vitamin B2: 0.14mg (8.31%), Calcium: 56.08mg (5.61%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.38mg (3.83%), Selenium: 1.18µg (1.68%)