



WHATSheATE



Tofu Stir Fry



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce baby corns drained and rinsed canned
- ☐ 8 ounce water chestnuts drained and rinsed canned
- ☐ 14 ounces tofu
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 piece ginger minced (1 inch)
- ☐ 1 small bell pepper green cored seeded thinly sliced
- ☐ 6 spring onion cut into 1/4-inch pieces

- ☐ 8 ounce lo mein noodles whole-wheat
- ☐ 6 tablespoons miso white
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange zest
- ☐ 1 small bell pepper red cored seeded thinly sliced
- ☐ 2 tablespoons sesame oil
- ☐ 1 tablespoon soya sauce

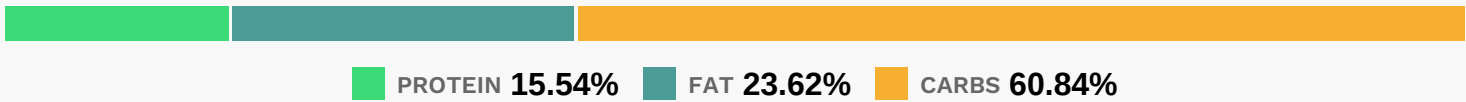
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Place tofu in a colander; set a heavy pot on top 10 to 15 minutes to press out moisture. Halve; sprinkle soy sauce, garlic powder, then flour over halves.
- ☐ Heat 1 tablespoon oil over medium-high heat in a large skillet. Cook tofu until golden, 2 to 3 minutes per side. Slice; set aside. In same skillet, cook peppers and onions, covered, until peppers soften, 7 to 8 minutes. Cook noodles as directed on package.
- ☐ Whisk miso paste, garlic, ginger, zest, juice and remaining 1 tablespoon oil in a bowl.
- ☐ Add pepper mixture, noodles, corn, water chestnuts; toss. Top with tofu.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:98.13, Glycemic Load:17.96, Inflammation Score:-8, Nutrition Score:18.823913173831%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 576.08kcal (28.8%), Fat: 15.77g (24.26%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 91.4g (30.47%), Net Carbohydrates: 81.99g (29.82%), Sugar: 11.96g (13.28%), Cholesterol: 0mg (0%), Sodium: 1391.38mg (60.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.67%), Vitamin C: 57.9mg (70.19%), Vitamin K: 48.61µg (46.29%), Fiber: 9.4g (37.61%), Manganese: 0.64mg (31.96%), Vitamin B6: 0.48mg (24.23%), Vitamin A: 1162.16IU (23.24%), Iron: 3.84mg (21.31%), Folate: 68.99µg (17.25%), Phosphorus: 170.11mg (17.01%), Calcium: 168.23mg (16.82%), Potassium: 569.61mg (16.27%), Vitamin B3: 3.19mg (15.96%), Copper: 0.31mg (15.26%), Magnesium: 57.65mg (14.41%), Vitamin B1: 0.21mg (14.27%), Zinc: 1.86mg (12.43%), Vitamin B2: 0.21mg (12.33%), Vitamin B5: 1.22mg (12.21%), Vitamin E: 1.11mg (7.42%), Selenium: 4.3µg (6.14%)