



Tofu-Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon asian chile sauce (such as Sriracha)
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 teaspoons cornstarch
- ☐ 2 cloves garlic minced
- ☐ 1 piece ginger peeled finely chopped
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 cup jasmine rice white
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 1 cup cook the rice as the label directs. meanwhile
- ☐ 4 scallions white green separated sliced (and parts)
- ☐ 2 tablespoons sesame oil
- ☐ 4 ounces mushroom caps stemmed chopped
- ☐ 4 ounces snow peas
- ☐ 14 ounce spicy tofu soft drained cut into 1-inch cubes

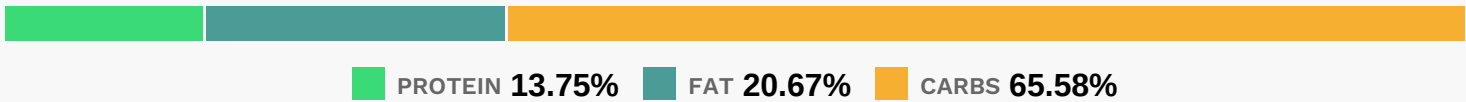
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Heat the sesame oil in a wok or large skillet over medium-high heat.
- ☐ Add the scallion whites, garlic and ginger and stir-fry 30 seconds.
- ☐ Add the mushrooms and stir-fry until golden brown and tender, about 3 minutes.
- ☐ Add the snow peas and stir-fry 30 more seconds.
- ☐ Whisk the reserved soy sauce mixture and add it to the wok. Bring to a simmer, then add the tofu. Cook, stirring occasionally, until the sauce is thick, about 2 minutes.
- ☐ Sprinkle with the scallion greens.
- ☐ Fluff the rice with a fork and divide among bowls. Top with the stir-fry and sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:74.09, Glycemic Load:46.17, Inflammation Score:-6, Nutrition Score:15.721304297447%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 557.54kcal (27.88%), Fat: 12.66g (19.48%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 90.39g (30.13%), Net Carbohydrates: 86.14g (31.32%), Sugar: 7.24g (8.04%), Cholesterol: 0.36mg (0.12%), Sodium: 996.26mg (43.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.91%), Manganese: 1.29mg (64.6%), Vitamin K: 33.06µg (31.48%), Vitamin C: 19.89mg (24.11%), Selenium: 16.79µg (23.99%), Phosphorus: 186.93mg (18.69%), Calcium: 185.88mg (18.59%), Iron: 3.23mg (17.95%), Vitamin B6: 0.35mg (17.67%), Fiber: 4.25g (17%), Vitamin B5: 1.65mg (16.49%), Vitamin B3: 3.22mg (16.08%), Copper: 0.31mg (15.53%), Magnesium: 59.15mg (14.79%), Vitamin B2: 0.2mg (11.69%), Potassium: 374.12mg (10.69%), Zinc: 1.6mg (10.64%), Folate: 41.24µg (10.31%), Vitamin A: 429.19IU (8.58%), Vitamin B1: 0.13mg (8.49%), Vitamin E: 0.46mg (3.1%)