



Tofu-Veggie Stir Fry and Gravy

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



230 kcal

SAUCE

Ingredients

- 8 ounce baby corns drained canned
- 1 cup broccoli florets
- 0.5 cup carrots thinly sliced
- 1 tablespoon cornstarch
- 0.5 teaspoon basil dried
- 0.5 teaspoon parsley dried
- 0.5 teaspoon thyme dried
- 12 ounce extra tofu diced firm

- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 1 clove garlic minced
- 0.5 teaspoon pepper black
- 0.5 teaspoon onion salt
- 1 cup bell pepper red chopped
- 0.5 cup snow peas trimmed
- 14 ounce vegetable stock canned
- 2 tablespoons vegetable oil
- 0.3 cup water

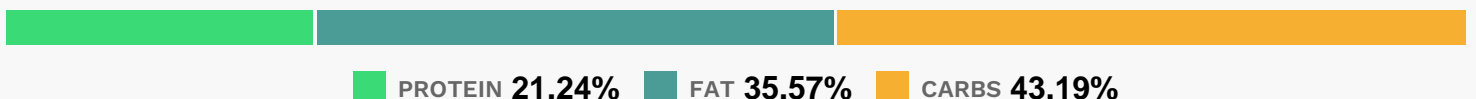
Equipment

- frying pan
- sauce pan
- whisk
- wok

Directions

- Whisk together the cornstarch with water until smooth, and combine with vegetable broth, garlic, onion salt, black pepper, thyme, basil, and parsley in a saucepan over medium-low heat. Bring the gravy mixture to a simmer, and cook and stir until gravy is hot and thickened, about 5 minutes.
- Heat vegetable oil in a large skillet or wok, and stir-fry the carrot, red pepper, broccoli, and snow peas over medium-high heat for 2 to 3 minutes, until just tender. Stir in the tofu, mushrooms, and baby corn, and stir and cook about 1 more minute, until mixture is heated through.
- Pour the gravy over the vegetables and tofu, stir to combine, and serve hot.

Nutrition Facts



Properties

Glycemic Index:84.33, Glycemic Load:8.61, Inflammation Score:-10, Nutrition Score:25.22347826087%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 230.39kcal (11.52%), Fat: 9.94g (15.29%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 22.24g (8.09%), Sugar: 9.72g (10.8%), Cholesterol: 0mg (0%), Sodium: 769.49mg (33.46%), Protein: 13.36g (26.71%), Vitamin C: 82.08mg (99.49%), Vitamin A: 4481.97IU (89.64%), Vitamin K: 47.81µg (45.54%), Vitamin B2: 0.6mg (35.18%), Copper: 0.61mg (30.33%), Vitamin B3: 6.01mg (30.05%), Phosphorus: 265.47mg (26.55%), Vitamin B5: 2.54mg (25.4%), Potassium: 852.46mg (24.36%), Vitamin B6: 0.41mg (20.42%), Fiber: 4.91g (19.66%), Vitamin B1: 0.28mg (18.63%), Folate: 72.79µg (18.2%), Manganese: 0.36mg (17.99%), Selenium: 11.55µg (16.51%), Magnesium: 64.11mg (16.03%), Iron: 2.78mg (15.46%), Zinc: 1.74mg (11.61%), Vitamin E: 1.57mg (10.43%), Calcium: 63.9mg (6.39%), Vitamin D: 0.23µg (1.51%)