



Vegetables and Tofu Skillet Supper



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup onion red coarsely chopped
- ☐ 1 cup green beans frozen (from 1-lb bag)
- ☐ 0.5 teaspoon seasoning italian
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 package tofu firm cut into 1/2-inch cubes (14-oz size)
- ☐ 2 roma tomatoes thinly sliced (plum)
- ☐ 1 hardboiled eggs chopped

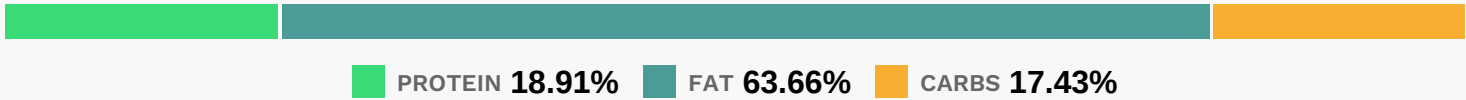
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook onion in oil 2 minutes, stirring frequently. Stir in potatoes; reduce heat to medium-low. Cover and cook 10 to 12 minutes, stirring occasionally, until potatoes are tender.
- ☐ Stir in green beans, Italian seasoning and garlic salt. Cover and cook 6 to 8 minutes, stirring occasionally, until beans are tender and potatoes are light golden brown.
- ☐ Stir in tofu and tomatoes. Cook 3 to 5 minutes, stirring occasionally and gently, just until hot.
- ☐ Sprinkle each serving with egg.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:6.0586957257727%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 143.73kcal (7.19%), Fat: 10.45g (16.08%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 4.48g (1.63%), Sugar: 2.86g (3.18%), Cholesterol: 46.63mg (15.54%), Sodium: 312.22mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.97%), Vitamin K: 28.45µg (27.1%), Vitamin C: 9.09mg (11.02%), Vitamin A: 517.63IU (10.35%), Calcium: 90.02mg (9%), Fiber: 1.96g (7.82%), Iron: 1.25mg (6.92%), Manganese: 0.14mg (6.85%), Vitamin E: 1.01mg (6.77%), Vitamin B2: 0.11mg (6.2%), Folate: 23.62µg (5.9%), Selenium: 4.13µg (5.9%), Vitamin B6: 0.11mg (5.27%), Potassium: 179.65mg (5.13%), Phosphorus: 45.56mg (4.56%), Magnesium: 14.22mg (3.55%), Vitamin B1: 0.05mg (3.46%), Vitamin B5: 0.29mg (2.91%), Copper: 0.05mg (2.42%), Vitamin B12: 0.14µg (2.31%), Vitamin B3: 0.43mg (2.14%), Zinc: 0.29mg (1.94%), Vitamin D: 0.28µg (1.83%)