



## Veggie and Tofu Stir-Fry

 Gluten Free  Dairy Free

READY IN



49 min.

SERVINGS



4

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 small baby bok choy quartered
- 0.3 teaspoon pepper black
- 1 tablespoon canola oil divided
- 2 large carrots peeled
- 3.5 teaspoons cornstarch divided
- 1 teaspoon sesame oil dark
- 14 ounce extra tofu drained
- 3 garlic clove sliced

- 1 tablespoon ginger
- 3 large spring onion cut into 1-inch pieces
- 1 tablespoon hoisin sauce
- 2 tablespoons soy sauce
- 2 tablespoons rice wine dry chinese ( rice wine)
- 1 cup snow peas trimmed
- 0.3 cup vegetable stock organic

## Equipment

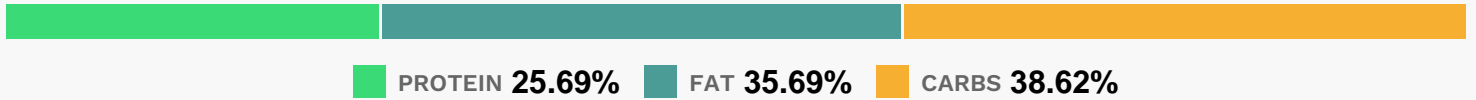
- bowl
- frying pan
- paper towels
- whisk
- wok
- slotted spoon

## Directions

- Cut tofu lengthwise into 4 equal pieces; cut each piece crosswise into 1/2-inch squares.
- Place tofu on several layers of paper towels; cover with additional paper towels.
- Let stand 30 minutes, pressing down occasionally.
- Heat a large wok or skillet over high heat.
- Add 1 1/2 teaspoons canola oil to pan; swirl to coat.
- Combine tofu, pepper, and 2 teaspoons cornstarch in a medium bowl; toss to coat.
- Add tofu to pan; stir-fry 8 minutes, turning to brown on all sides.
- Remove tofu from pan with a slotted spoon; place in a medium bowl.
- Add onions, garlic, and ginger to pan; stir-fry 1 minute.
- Remove from pan; add to tofu.
- Add remaining 1 1/2 teaspoons canola oil to pan; swirl to coat.
- Add bok choy; stir-fry 3 minutes.

- Add carrots; stir-fry 2 minutes.
- Add snow peas; stir-fry 1 minute.
- Add Shaoxing; cook 30 seconds, stirring constantly. Stir in tofu mixture.
- Combine remaining 1 1/2 teaspoons cornstarch, broth, and remaining ingredients in a small bowl, stirring with a whisk.
- Add broth mixture to pan; cook until slightly thickened (about 1 minute).

## Nutrition Facts



## Properties

Glycemic Index:50.21, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:17.910434769548%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 175.97kcal (8.8%), Fat: 6.75g (10.38%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 12.77g (4.64%), Sugar: 6.55g (7.27%), Cholesterol: 0.12mg (0.04%), Sodium: 577.27mg (25.1%), Alcohol: 1.21g (100%), Alcohol %: 0.46% (100%), Protein: 10.92g (21.85%), Vitamin A: 11528.32IU (230.57%), Vitamin C: 72mg (87.28%), Vitamin K: 52.59µg (50.08%), Calcium: 199.97mg (20%), Iron: 3.11mg (17.3%), Phosphorus: 151.46mg (15.15%), Fiber: 3.66g (14.64%), Copper: 0.27mg (13.62%), Magnesium: 49.25mg (12.31%), Manganese: 0.24mg (12.19%), Potassium: 421.55mg (12.04%), Vitamin B1: 0.16mg (10.51%), Folate: 33.85µg (8.46%), Vitamin B6: 0.16mg (7.88%), Vitamin E: 1.11mg (7.43%), Vitamin B2: 0.12mg (7.08%), Zinc: 0.93mg (6.22%), Vitamin B3: 1mg (5%), Vitamin B5: 0.34mg (3.43%), Selenium: 0.92µg (1.32%)