



## Wicked Garlic Tofu Saute

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 16 ounce broccoli frozen
- 0.3 cup chicken broth
- 6 cloves garlic crushed to taste
- 1 tablespoon olive oil
- 0.3 cup oyster sauce
- 14 ounce tofu firm cubed drained

### Equipment

- bowl

frying pan

## Directions

Heat olive oil in a large skillet over medium heat.

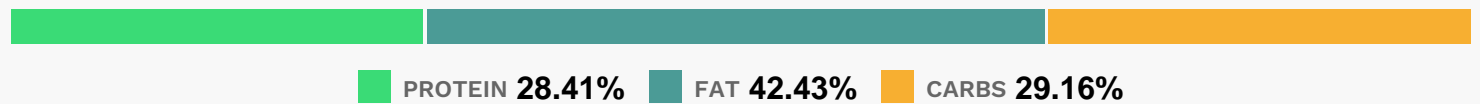
Add tofu, garlic, and about half of the oyster sauce. Cook for about 5 minutes, until garlic is lightly browned but not burning.

Remove from the skillet to a bowl, and set aside.

Add the frozen vegetables to the same skillet and cook vegetables according to package directions, substituting chicken broth for the water, and seasoning with the remaining oyster sauce. When vegetables are cooked, mix the tofu garlic mixture back into the pan, and heat through.

Serve plain or over rice.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:2.11, Inflammation Score:-8, Nutrition Score:16.838695650515%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 168.12kcal (8.41%), Fat: 8.39g (12.9%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 9.09g (3.3%), Sugar: 2.35g (2.62%), Cholesterol: 0.39mg (0.13%), Sodium: 510.73mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.27%), Vitamin C: 102.57mg (124.33%), Vitamin K: 117.85µg (112.24%), Calcium: 190.93mg (19.09%), Folate: 73.75µg (18.44%), Manganese: 0.33mg (16.5%), Fiber: 3.88g (15.52%), Vitamin A: 707.27IU (14.15%), Vitamin B6: 0.26mg (12.83%), Iron: 2.15mg (11.97%), Potassium: 387.77mg (11.08%), Vitamin B2: 0.17mg (9.83%), Vitamin E: 1.4mg (9.33%), Phosphorus: 85.7mg (8.57%), Vitamin B5: 0.68mg (6.81%), Magnesium: 25.71mg (6.43%), Vitamin B1: 0.1mg (6.34%), Selenium: 4.19µg (5.99%), Vitamin B3: 1.01mg (5.06%), Copper: 0.09mg (4.66%), Zinc: 0.54mg (3.63%), Vitamin B12: 0.06µg (1.06%)