



Healthdor

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D'Lite

A delicious and nutritious vegetarian meal that is perfect for any time of the day. This recipe is packed with flavor and is sure to satisfy your taste buds.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	tofu
200 g	broccoli
150 g	Carrots
100 g	bell pepper
50 ml	soy sauce
2 cloves	garlic

10 g	Ginger
30 ml	vegetable oil
5 g	Salt
5 g	Pepper

Directions

Step 1

Press tofu to remove excess water. Cut tofu into cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Frying

Heat vegetable oil in a pan. Add tofu cubes and cook until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Sautéing

In the same pan, add garlic and ginger. Sauté for a minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stir-frying

Add broccoli, carrots, and bell pepper. Cook until vegetables are tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Stirring

Add soy sauce, salt, and pepper. Stir well to combine.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Cuisines

Japanese Mediterranean

Course

Salads Snacks Sauces & Dressings

Diet

Vegetarian Diet Vegan Diet Anti-Inflammatory Diet The Acid Reflux Diet
 Gluten-Free Diet Low Glycemic Index Diet Low Sodium Diet
 The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet
 The Gerson Therapy The Swiss Secret Diet

Meal Type

Lunch Snack

Difficulty Level

Medium

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