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House Special Tofu ♦

House Special Tofu is a vegan recipe that features a flavorful combination of tofu and various vegetables. It is a popular dish in Asian cuisine and is often enjoyed as a main course. The tofu is marinated in a savory sauce and then stir-fried with vegetables to create a delicious and healthy meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	extra firm tofu
200 g	broccoli
150 g	Carrots
150 g	Red Bell Pepper
100 g	Snow Peas

2 cloves	garlic
1 tsp	Ginger
4 tbsp	soy sauce
2 tsp	sesame oil
2 tbsp	cornstarch
2 tbsp	vegetable oil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preparation

Press tofu to remove excess water and cut into cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together soy sauce, sesame oil, cornstarch, minced garlic, minced ginger, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Resting

Place tofu cubes in a shallow dish and pour the marinade over them. Let them marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Stir-frying

Heat vegetable oil in a large skillet or wok over medium-high heat. Add the marinated tofu cubes and cook until golden brown on all sides, about 5-7 minutes.

Prep Time: 0 mins

Cook Time: 7 mins

Step 5

Stir-frying

Add the chopped broccoli, sliced carrots, diced red bell pepper, and snow peas to the skillet. Stir-fry for another 5 minutes or until the vegetables are tender-crisp.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the House Special Tofu hot with steamed rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 18 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	60 iu	6.67%	8.57%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Chinese Mexican Thai Mediterranean Spanish Korean Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
 Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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