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Bean Sprouts with Tofu ♦

Bean Sprouts with Tofu is a vegetarian recipe that combines the freshness of bean sprouts with the protein-rich tofu. It is a popular dish in Asian cuisine and is often enjoyed as a light and healthy meal. The bean sprouts are stir-fried with tofu and seasoned with soy sauce and other spices to create a flavorful and nutritious dish.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	bean sprouts
200 g	tofu
2 tbsp	soy sauce
2 cloves	garlic

1 tsp	Ginger
2 tbsp	vegetable oil
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Press the tofu to remove excess water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the tofu into cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

Heat vegetable oil in a pan.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sautéing

Add minced garlic and ginger to the pan and sauté for a minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 5

Frying

Add the tofu cubes to the pan and cook until golden brown.

Prep Time: 0 mins

Cook Time: 6 mins

Step 6

Stir-frying

Add bean sprouts to the pan and cook for another 3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Stirring

Season with soy sauce, salt, and pepper.

Prep Time: 0 mins

Cook Time: 1 mins

Step 8

Serving

Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	2 iu	0.22%	0.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	8 mg	0.24%	0.31%
Zinc	8 mg	72.73%	100%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Japanese

Course

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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