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Eggplant and Tofu Stir-Fry ♦♦

A delicious vegan stir-fry dish made with eggplant and tofu. This dish is packed with flavors and is a great option for a healthy and satisfying meal. It can be enjoyed on its own or served with rice or noodles.

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 | eggplant |
| 200 g | tofu |
| 3 tbsp | soy sauce |
| 2 tbsp | sesame oil |
| 3 cloves | garlic |

| | |
|----------------|-----------------|
| 2 tsp | Ginger |
| 150 g | Red Bell Pepper |
| 50 g | Green Onions |
| 1 tbsp | cornstarch |
| 1 c | vegetable broth |
| 1 tsp | sriracha sauce |
| 1 tbsp | brown sugar |
| 1 tbsp | rice vinegar |
| 0.5 tsp | Salt |
| 0.5 tsp | Black pepper |
| 2 tbsp | vegetable oil |

Directions

Step 1

Cutting

Cut the eggplant into cubes and place them in a colander. Sprinkle salt over the eggplant cubes and let them sit for 10 minutes to remove excess moisture.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stir-frying

In a large skillet or wok, heat 1 tablespoon of vegetable oil over medium-high heat. Add the tofu cubes and cook until golden brown on all sides. Remove the tofu from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stir-frying

In the same skillet, heat another tablespoon of vegetable oil. Add the garlic and ginger and cook for 1 minute until fragrant.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stir-frying

Add the eggplant cubes and red bell pepper to the skillet. Cook for 5 minutes, stirring occasionally, until the vegetables are tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stirring

In a small bowl, whisk together the soy sauce, sesame oil, cornstarch, vegetable broth, sriracha sauce, brown sugar, and rice vinegar. Pour the sauce over the vegetables in the skillet.

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Stirring

Add the cooked tofu back to the skillet and stir to combine. Cook for an additional 2 minutes until the sauce has thickened.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serving

Garnish with green onions and black pepper. Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 18 g | 32.73% | 36% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 9 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 | 1 g | 4.55% | 5.88% |
| Fat | 8 g | 28.57% | 32% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 15 mg | 16.67% | 20% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 6 mg | 40% | 40% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 700 mg | 30.43% | 30.43% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 8 mg | 72.73% | 100% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Selenium | 6 mcg | 10.91% | 10.91% |

Recipe Attributes

Cuisines

Italian Mexican Thai Greek Middle Eastern

Nutritional Content

Low Calorie Low Fat Low Carb High Calcium

Kitchen Tools

Microwave

Course

Salads Snacks

Cultural

Chinese New Year Easter

Cost

\$30 to \$40

Demographics

Teen Friendly Allergy Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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