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## Buddha Feast

Buddha Feast is a vegan recipe that originated in Buddhist monasteries. It is a nutritious and flavorful dish that is consumed as part of a mindful and balanced diet. The dish consists of a variety of vegetables, tofu, and grains, seasoned with aromatic herbs and spices. It is often served with a side of steamed rice or noodles.

**Recipe Type:** Vegan

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	broccoli
150 g	Carrots
150 g	Bell peppers
200 g	tofu
50 ml	soy sauce

<b>30 ml</b>	sesame oil
<b>2 cloves</b>	garlic
<b>1 tsp</b>	Ginger
<b>250 g</b>	Brown Rice

## Directions

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### Step 1

#### Boiling

Cook the brown rice according to the package instructions.

**Prep Time:** 5 mins

**Cook Time:** 25 mins

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### Step 2

#### Cutting

Cut the broccoli into florets and slice the carrots and bell peppers.

**Prep Time:** 10 mins

**Cook Time:** 5 mins

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### Step 3

#### Sautéing

In a large pan, heat the sesame oil over medium heat. Add the garlic and ginger and cook for 1 minute.

**Prep Time:** 2 mins

**Cook Time:** 1 mins

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## Step 4

Sautéing

Add the sliced carrots and bell peppers to the pan and cook for 5 minutes, until slightly softened.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Sautéing

Add the broccoli florets and tofu to the pan and cook for another 5 minutes, until the vegetables are tender and the tofu is heated through.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 6

Stirring

Stir in the soy sauce and cook for 1 more minute.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

## Step 7

Plating

Serve the Buddha Feast over the cooked brown rice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 30 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	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
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	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Cuisines

Italian

Mexican

Mediterranean

Spanish

American

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Iron

High Calcium

### Kitchen Tools

Blender

### Course

Appetizers

Salads

Sauces & Dressings

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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