

# Baked Tofu Stir Fry

## (4 Servings)

### Ingredients:

400.0 grams Tofu  
600.0 grams Rice, brown, long-grain  
284.0 grams Peas  
300.0 grams Carrots  
150.0 grams Peppers, sweet, green  
600.0 grams Cabbage  
50.0 grams Oil, canola  
30.0 grams Garlic  
10.0 grams Pepper, red or cayenne  
1.0 grams Celery seed

### Preparation/Cooking Instructions:

Cook ~2 cups rice w/ 1.5 parts water to 1 rice in a pot for 35 min (bring to boil, then simmer).  
Bake tofu in lightly greased (plant oil for medium heat) pan @ 375 for 20 minutes or until light brown.  
Shred carrots.  
Chop peppers, cabbage & garlic.  
Lightly stir fry carrot, garlic, peppers, peas & cabbage.  
Add baked tofu + spices (powdered pepper & celery seed).

Serve stir fry on bed of rice in proportions of recipe.

### Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.13892439  
Sweetness: 0.021938384  
Sourness: 0.16734307  
Bitterness: 0.10673673  
Umami: 0.04026437  
Richness: 0.03891526

### Glycemic Load & Inflammation Profile:

Inflammation Load: 680.01  
Glycemic Load: 28.110228

## Nutritional Content Per Serving:

Protein : 27.203024, g  
---Adjusted Protein : 0.0, g  
Total lipid (fat) : 23.592377, g  
Carbohydrate, by difference : 70.995926, g  
Ash : 4.803625, g  
Energy : 574.495, kcal  
---Energy : 2406.1475, kj  
Starch : 1.0725, g  
Sugars, total : 13.710474, g  
---Sucrose : 6.9649496, g  
---Glucose (dextrose) : 3.3998, g  
---Fructose : 2.8636, g  
---Lactose : 0.0, g  
---Maltose : 0.1278, g  
Alcohol, ethyl : 0.0, g  
Fiber, total dietary : 15.359499, g  
Water : 479.6438, g  
Caffeine : 0.0, mg  
Theobromine : 0.0, mg  
Galactose : 0.0, g  
Calcium, Ca : 839.3625, mg, OUT OF BOUNDS: TOO HIGH VS. 833.33330078125  
Iron, Fe : 5.42565, mg  
Magnesium, Mg : 192.21501, mg  
Phosphorus, P : 500.98752, mg  
Potassium, K : 1177.4598, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875  
Sodium, Na : 90.93, mg, OUT OF BOUNDS: TOO LOW VS. 500.0  
Zinc, Zn : 4.0549746, mg  
Copper, Cu : 0.770005, mg  
Fluoride, F : 4.65, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125  
Manganese, Mn : 3.5660675, mg  
Selenium, Se : 35.73925, mcg  
Vitamin A, IU : 14564.015, IU, OUT OF BOUNDS: TOO HIGH VS. 3333.333203125  
Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0  
Vitamin A, RAE mcg\_RAEVitamin A, : 719.43256, RAE  
Carotene, beta : 7243.903, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0  
Carotene, alpha : 2631.245, mcg, OUT OF BOUNDS: TOO HIGH VS. 2000.0  
Thiamin (B-1) : 0.67231494, mg  
Riboflavin (B-2) : 0.38823998, mg  
Niacin (B-3) : 5.6748343, mg  
Pantothenic acid (B-5) : 1.216705, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379  
Vitamin B-6 (Pyridoxal) : 0.97445995, mg  
Folate, total : 145.62999, mcg  
Vitamin B-12 (Cobalamin) : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947  
---Vitamin B-12 : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947  
Vitamin C, total ascorbic acid : 105.39976, mg

Vitamin D : 0.0, IU, OUT OF BOUNDS: TOO LOW VS. 66.66666870117187  
Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
---Vitamin E (alpha-tocopherol) : 3.925075, mg  
Vitamin K (phylloquinone) : 206.06151, mcg  
Cholesterol : 0.0, mg  
Choline, total : 77.11375, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374  
Cryptoxanthin, beta : 158.925, mcg  
Lutein + zeaxanthin : 2531.5298, mcg  
Lycopene (prevents UV damage) : 0.75, mcg  
Tocopherol, beta : 0.00875, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Tocopherol, gamma : 4.1204, mg  
Tocopherol, delta : 0.13795, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0  
Folate, food : 145.62999, mcg  
Folate, DFE mcg\_DFEFolate, : 145.62999, DFE  
Betaine : 1.6795001, mg  
Alanine g (helps enlarged : 1.2129198, prostate)  
Arginine g (good for mitigating fatty : 1.8812549, liver), OUT OF BOUNDS: TOO HIGH VS.  
0.3333333253860474  
Aspartic acid : 2.8925748, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947  
Cystine : 0.375345, g  
Glutamic acid : 4.8820553, g  
Glycine : 1.04222, g  
Histidine : 0.70777494, g  
Isoleucine : 1.210555, g  
Leucine : 1.9217999, g  
Lysine : 1.5857899, g  
Methionine : 0.38783497, g  
Phenylalanine : 1.250055, g  
Proline : 1.2829101, g  
Hydroxyproline : 0.0, g  
Serine : 1.22409, g  
Tryptophan : 0.35672, g  
Threonine : 1.1502349, g  
Tyrosine : 0.824345, g  
Valine : 1.3372948, g  
Fatty acids, total trans : 0.049375, g  
---Fatty acids, total trans-monoenoic : 0.00375, g  
16:1 t (trans-Palmitoleic acid) : 0.0, g  
18:1 t (trans-Oleic acid) : 0.00375, g  
22:1 t (trans-Erucic acid) : 0.0, g  
---Fatty acids, total trans-polyenoic : 0.045625, g, OUT OF BOUNDS: TOO HIGH VS.  
0.03333333432674408  
18:2 t not further defined : 0.0, g  
18:2 t,t : 0.045625, g  
Fatty acids, total saturated : 2.6224651, g  
4:0 (Butyric acid) : 0.0, g

6:0 (Caproic acid) : 0.0, g  
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g  
10:0 (Capric acid: melts @ 31.3 deg C) : 9.4999996E-4, g  
12:0 (Lauric acid) : 0.0022999998, g  
13:0 : 0.0, g  
14:0 (Myristic acid) : 0.030800002, g  
15:0 (Pentadecanoic acid) : 0.0, g  
16:0 (Palmitic acid) : 1.8318499, g  
17:0 (Margaric acid) : 0.0, g  
18:0 (Stearic acid) : 0.61644, g  
20:0 (Arachidic acid) : 0.08125, g  
24:0 (Lignoceric acid) : 0.0, g  
22:0 (Behenic acid) : 0.04125, g  
Fatty acids, total monounsaturated : 8.564891, g  
14:1 : 0.0, g  
15:1 : 0.0, g  
16:1 undifferentiated : 0.07685, g  
16:1 (Palmitoleic acid) c : 0.0, g  
17:1 : 0.0, g  
18:1 undifferentiated : 10.24469, g  
18:1 (Oleic acid) c : 7.71425, g  
20:1 : 0.165225, g  
22:1 undifferentiated : 0.0, g  
24:1 c (Nervonic acid) : 0.0, g  
22:1 c (Erucic acid) : 0.0, g  
Fatty acids, total polyunsaturated : 4.457395, g  
18:2 ---undifferentiated (n-6=Linoleic acid) : 7.5750704, g  
18:2 n-6 c,c (Linoleic acid) : 2.33, g, OUT OF BOUNDS: TOO LOW VS. 2.3933332443237303  
18:2 i : 0.0, g  
18:2 CLAs : 0.0, g  
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 1.802615, g  
18:3 n-3 c,c,c (a-Linolenic acid) : 1.142125, g  
18:3 n-6 c,c,c (Linolenic acid) : 0.0, g  
18:3i : 0.0, g  
18:4 : 0.0, g  
20:2 n-6 c,c : 0.0, g  
20:3 undifferentiated : 0.0, g  
20:3 n-3 : 0.0, g  
20:3 n-6 : 0.0, g  
20:4 undifferentiated : 0.0, g  
20:4 n-6 (Arachidonic acid) : 0.0, g  
20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0, g  
21:5 : 0.0, g  
22:4 : 0.0, g  
22:5 n-3 : 0.0, g  
22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g  
Phytosterols : 20.6, mg, OUT OF BOUNDS: TOO LOW VS. 50.0

---Stigmasterol (a phytosterol) : 0.375, mg  
---Campesterol (a phytosterol) : 30.125, mg  
Beta-sitosterol : 51.625, mg

Number of nutrients above maximum target limits: 7  
Number of nutrients within target limits: 118  
Number of nutrients below minimum target limits: 15