

Recipe Analyzer Results

A single serving of this recipe has 186 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 186

% Daily Value*

Total Fat 6.1g 8%

Saturated Fat 1.1g 5%

Cholesterol 0mg 0%

Sodium 904mg 39%

Total Carbohydrate 23.7g 9%

Dietary Fiber 7.1g 25%

Total Sugars 8.7g

Protein 9.8g

Vitamin D 0mcg 0%

Calcium 228mg 18%

Iron 3mg 16%

Ingredients:

- 1 package (350 g) extra firm tofu
- 5 ml (1 tsp) ground ginger
- 2 ml (1/2 tsp) curry powder
- 1 pinch fresh ground pepper
- 10 ml (2 tsp) sesame oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 l (4 cups) fresh or frozen cut vegetables
- 175 ml (3/4 cup) no salt added vegetable broth
- 15 ml (1 tbsp) hoisin sauce
- 5 ml (1 tsp) cornstarch

Potassium 334mg

7%

Nutrition Facts

Servings: 4

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**