

Recipe Analyzer Results

A single serving of this recipe has 439 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

439

% Daily Value*

Total Fat 9.3g

12%

Saturated Fat 1.7g

8%

Cholesterol 0mg

0%

Sodium 1423mg

62%

Total Carbohydrate 73.5g

27%

Dietary Fiber 4.6g

17%

Total Sugars 9.2g

Protein 16.1g

Vitamin D 0mcg

0%

Calcium 243mg

19%

Iron 3mg

19%

Ingredients:

- 1 carrot
- 3 radishes, thinly sliced
- 250 ml (1 cup) water
- 125 ml (1/2 cup) white vinegar
- 3 cloves garlic
- 2 ml (1/2 tsp) black pepper
- 15 ml (1 tbsp) salt
- 15 ml (1 tbsp) sugar
- 375 ml (1 1/2 cups) uncooked brown rice
- 15 ml (1 tbsp) sesame oil
- 10 ml (2 tsp) grated ginger
- 1 package (400 g/14 oz) firm tofu, crumbled
- 30 ml (2 tbsp) hoisin sauce
- 15 ml (1 tbsp) lime juice (about 1/2 lime)
- 30 ml (2 tbsp) lower sodium soy sauce
- 2 ml (1/2 tsp) dried basil
- 45 ml (3 tbsp) water
- 5 ml (1 tsp) sriracha
- 85 ml (1/3 cup) lower fat Greek yogurt
- 5 ml (1 tsp) lime juice
- 1/2 large cucumber, sliced
- 1/2 bell pepper, cut into thin strips

Potassium 570mg

Nutrition Facts

Servings: 4

12%

**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**