

Recipe: Thai Chicken and Tofu Stir Fry

Thai Chicken and Tofu Stir Fry

Number of Servings: 2 (798.63 g per serving)

Weight: 1597.26 g

Recipe

Item Name	Quantity	Measure
+ Mark's Peanut Sauce	4	Tablespoon
Oil, safflower	2	Tablespoon
Oil, sesame	1	Teaspoon
Chicken, broiler/fryer, breast, w/o skin, raw	6	Ounce-weight
Spice, ginger root, fresh	1	Tablespoon
Garlic, cloves, fresh	1	Tablespoon
Peppers, bell, red, sweet, fresh, med 2 3/4" x 2 1/2"	1/2	Each
Cabbage, bok choy, leaf, fresh	1	Each
Cabbage, common, fresh, shredded	1/2	Cup
Tofu, extra firm	4	Ounce-weight
Noodles, long rice, dehyd	2	Cup
Stock, chicken, prep f/recipe	4	Ounce-weight
Lettuce, romaine, fresh, head	1	Each
Sprouts, mung bean, mature, fresh	1/4	Cup
Nuts, cashews, dry rstd, unsalted	2	Ounce-weight

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	9.77
Gram Weight (g)	798.63	Vitamin C (mg)	128.01
Calories (kcal)	1124.64	Vitamin D - IU (IU)	4.25
Calories from Fat (kcal)	371.63	Vitamin D - mcg (mcg)	0.09
Calories from SatFat (kcal)	55.58	Vitamin E - Alpha-Toco (mg)	4.78
Protein (g)	36.07	Folate (mcg)	491.92

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Carbohydrates (g)	155.12	Folate, DFE (mcg)	491.92
Dietary Fiber (g)	10.78	Vitamin K (mcg)	339.96
Soluble Fiber (g)	0.73	Pantothenic Acid (mg)	2.36
Total Sugars (g)	12.24	Minerals	
Monosaccharides (g)	4.94	Calcium (mg)	293.92
Disaccharides (g)	3.66	Chromium (mcg)	4.16
Other Carbs (g)	131.24	Copper (mg)	1.01
Fat (g)	42.12	Fluoride (mg)	0.01
Saturated Fat (g)	6.18	Iodine (mcg)	13.80
Mono Fat (g)	20.58	Iron (mg)	9.93
Poly Fat (g)	7.52	Magnesium (mg)	160.13
Trans Fatty Acid (g)	0.01	Manganese (mg)	1.10
Cholesterol (mg)	56.15	Molybdenum (mcg)	30.16
Water (g)	559.62	Phosphorus (mg)	503.89
Vitamins		Potassium (mg)	1508.81
Vitamin A - IU (IU)	28558...	Selenium (mcg)	45.35
Vitamin A - RAE (RAE)	1434.81	Sodium (mg)	304.71
Carotenoid RE (RE)	2853.17	Zinc (mg)	3.72
Retinol RE (RE)	8.22	Other Fats	
Beta-Carotene (mcg)	17029...	Omega 3 Fatty Acid (g)	0.45
Vitamin B1 (mg)	0.62	Omega 6 Fatty Acid (g)	2.82
Vitamin B2 (mg)	0.46	Other Nutrients	
Vitamin B3 (mg)	11.97	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	17.59	Caffeine (mg)	0
Vitamin B6 (mg)	1.23	Choline (mg)	252.78
Vitamin B12 (mcg)	0.17		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
45 minutes	45 minutes		stir fry	

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Preparation Method Instructions

Prepare/soften rice noodles. While noodles are cooking, thinly slice chicken breast. On separate cutting board, mince ginger and garlic. set aside. Julienne red pepper and shred or chiffonade bok choy, cabbage, and romain lettuce. Roughly chop cashews. Add oils to wok or deep saute pan and heat on high heat. Add sliced chicken and cook about 2-3 minutes; about half way done. Add ginger and garlic and saute briefly for about 2 minutes. Add peppers, bok choy and cabbage and saute to barely soften, about 2 minutes. Dice tofu and add along with peanut sauce. Heat to loosen. Add rice noodles and chicken stock. Season to taste. Place lettuce on two plates and divide stir fry mix evenly on top of lettuce. Top with bean sprouts and cashews.