

# Chinese Mabo Tofu

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mabo-tofu-recipe-yan-can-cook>

## Ingredients:

- 1 teaspoon cornstarch
- 1 tablespoon cold water
- 1/2 pound ground pork
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 tablespoon fresh ginger root minced
- 16 ounces firm tofu cut into 1 inch pieces
- 5 tablespoons soy sauce
- 2 tablespoons bean sauce
- 1 teaspoon white sugar
- 3 green onions chopped
- 1 teaspoon sesame oil

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 40 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 6 grams
8. Sodium: 1300 milligrams
9. Sugar: 4 grams

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