

# Tofu, Broccoli And Mushroom Stir Fry With Rice

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-chinese-style-broccoli-and-tofu-recipe>

## Ingredients:

- 5 5/8 ounces tofu marinated, pieces
- 1/2 broccoli head
- 2 1/16 cups mushrooms closed-cup
- 3 1/3 cups baby spinach fresh
- 1 cup rice 250 g
- 1 1/2 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon rice vinegar
- 2 garlic cloves
- 13/16 inch fresh ginger root
- 2 spring onions
- 1 tablespoon vegetable oil
- 1 teaspoon sesame oil

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 24 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 10 grams
6. SaturatedFat: 1 grams
7. Sodium: 610 milligrams
8. Sugar: 3 grams

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