

# Chinese Tofu Fried Rice (????)

Yield: 3 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/tofu-fried-rice-recipe-indian>

## Ingredients:

- rice
- tofu
- vegetables
- garlic cloves
- red onion
- spring onion
- kala namak
- turmeric
- sugar
- minced garlic
- salt
- soy sauce
- sesame oil
- white pepper ground

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 23 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 870 milligrams
8. Sugar: 8 grams

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