



 **17%**
HEALTH SCORE

Amazing Simple Thai Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- 3 tablespoons coconut flakes flaked
- 3 tablespoons coconut flakes flaked
- 2 teaspoons ginger fresh grated
- 0.3 cup spring onion chopped
- 1.5 teaspoons olive oil
- 0.3 cup peanut butter
- 0.5 teaspoon sesame oil
- 4 servings sesame seed

- 1 teaspoon soya sauce
- 14 ounce tofu firm cut into 3/4 inch cubes

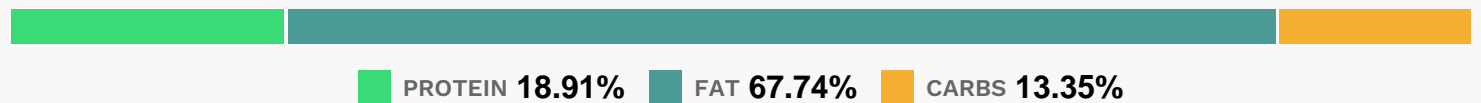
Equipment

- frying pan

Directions

- Heat olive oil and sesame oil in a skillet over medium-high heat. Reduce heat to medium, and cook green onions for one minute.
- Add tofu, and continue cooking 4 minutes more, sprinkling with soy sauce halfway through. Gently stir in the peanut butter and ginger, being careful not to break the tofu, until well incorporated.
- Remove from heat, and toss in coconut.
- Transfer to a serving dish, and sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:10.232608769251%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 297kcal (14.85%), Fat: 23.44g (36.07%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 6.42g (2.33%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 162.08mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.72g (29.44%), Manganese: 0.66mg (33.11%), Copper: 0.47mg (23.26%), Calcium: 218.36mg (21.84%), Vitamin K: 18.29µg (17.42%), Iron: 3.06mg (16.98%), Magnesium: 64.78mg (16.19%), Fiber: 3.98g (15.93%), Vitamin B3: 2.66mg (13.31%), Phosphorus: 125.81mg (12.58%), Vitamin E: 1.79mg (11.96%), Vitamin B6: 0.17mg (8.35%), Zinc: 1.22mg (8.15%), Folate: 28.02µg (7%), Selenium: 4.87µg (6.96%), Vitamin B1: 0.1mg (6.38%), Potassium: 199.46mg (5.7%), Vitamin B2: 0.07mg (3.96%), Vitamin B5: 0.25mg (2.49%), Vitamin C: 1.73mg (2.1%), Vitamin A: 83.8IU (1.68%)