



Braised Tofu and Vegetables in Tomato Sauce



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 29 ounce tomatoes diced with onions and garlic, undrained canned
- ☐ 0.3 teaspoon basil dried
- ☐ 12 ounces extra wide egg noodles
- ☐ 2.5 cups fennel bulb thinly sliced (1 small bulb)
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 pound spicy tofu firm cubed drained

- ☐ 2 tablespoons vegetable oil divided
- ☐ 1.5 cups zucchini thinly sliced quartered

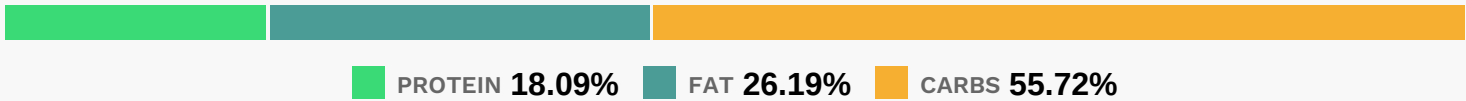
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ While the noodles cook, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu, and cook 10 minutes or until golden brown, stirring frequently.
- ☐ Remove tofu with a slotted spoon.
- ☐ Heat 1 tablespoon oil in pan.
- ☐ Add the fennel and zucchini, and cook for 4 minutes or until tender, stirring frequently. Stir in the tofu, vinegar, basil, oregano, pepper, and tomatoes. Reduce heat; simmer until thick (about 5 minutes).
- ☐ Serve with noodles.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:17.92, Inflammation Score:-6, Nutrition Score:17.22956496218%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 362.58kcal (18.13%), Fat: 10.73g (16.52%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 46.03g (16.74%), Sugar: 6.76g (7.51%), Cholesterol: 47.63mg (15.88%), Sodium: 232.67mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Selenium: 45.14µg (64.49%), Manganese: 0.74mg (36.78%), Vitamin K: 38.06µg (36.25%), Vitamin C: 22.67mg (27.48%), Fiber: 5.35g (21.41%), Iron: 3.79mg (21.07%), Phosphorus: 193.35mg (19.34%), Calcium: 182.48mg (18.25%), Potassium: 632.14mg (18.06%), Vitamin B6: 0.34mg (17.19%), Copper: 0.31mg (15.32%), Magnesium: 60.56mg (15.14%), Vitamin B3: 2.55mg (12.72%), Vitamin E: 1.78mg (11.87%), Vitamin B1: 0.18mg (11.73%), Folate: 44.97µg (11.24%), Vitamin B2: 0.17mg (9.9%), Zinc: 1.46mg (9.73%), Vitamin B5: 0.83mg (8.28%), Vitamin A: 308.23IU (6.16%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.17µg (1.13%)