



Cantonese Steamed Tofu



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups broccoli florets rinsed
- ☐ 2 teaspoons firmly brown sugar packed
- ☐ 0.3 tablespoon chili flakes hot
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 tablespoon fermented black beans salted rinsed chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 large clove garlic minced
- ☐ 2 tablespoons soya sauce reduced-sodium

- ☐ 14 ounces regular tofu low-fat firm
- ☐ 0.5 cup vegetable broth
- ☐ 1.5 cups rice long-grain white

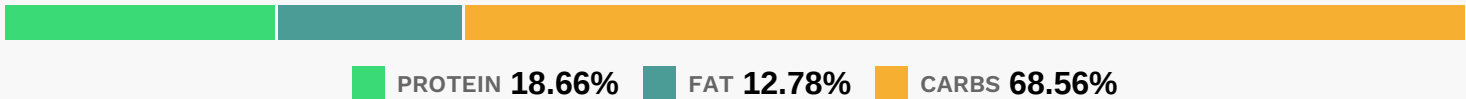
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ wok

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring rice and 3 cups water to a boil. Reduce heat and simmer, covered, until rice is tender to bite, about 20 minutes.
- ☐ Meanwhile, in an 8- to 10-quart pan or a 14-inch wok, set a rack over at least 1 inch boiling water. Choose a shallow, rimmed pan about 8 inches wide that fits on the rack and can be lifted out (fashion a string harness, if needed).
- ☐ In the shallow pan, combine vegetable broth, sherry, soy sauce, black beans, ginger, garlic, brown sugar, and chili flakes.
- ☐ Drain tofu on towels and cut into 1/2- by 1 1/2-inch pieces. Turn tofu over in seasonings in pan.
- ☐ Cover pan with foil and set tofu pan on rack; cover larger pan. Steam on high heat until tofu is hot, about 10 minutes. Protecting hands, lift out tofu pan and rack. Keep tofu warm.
- ☐ Add enough water to pan to make 1 inch deep and bring to a boil.
- ☐ Add broccoli, cover, and boil until just tender when pierced, 2 to 4 minutes.
- ☐ Drain.
- ☐ Serve rice in bowls with tofu and juice, and broccoli.
- ☐ Add soy to taste.

Nutrition Facts



Properties

Glycemic Index:53.3, Glycemic Load:35.37, Inflammation Score:-8, Nutrition Score:21.833043388698%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg, Kaempferol: 8.92mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 404.37kcal (20.22%), Fat: 5.76g (8.86%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 69.49g (23.16%), Net Carbohydrates: 64.21g (23.35%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 459.93mg (20%), Alcohol: 0.39g (100%), Alcohol %: 0.15% (100%), Protein: 18.91g (37.82%), Vitamin C: 101.79mg (123.38%), Vitamin K: 116.65µg (111.1%), Manganese: 1.06mg (52.92%), Fiber: 5.28g (21.14%), Calcium: 205.35mg (20.54%), Folate: 81.14µg (20.29%), Selenium: 13.61µg (19.44%), Vitamin A: 919.55IU (18.39%), Vitamin B6: 0.35mg (17.55%), Phosphorus: 172.13mg (17.21%), Iron: 2.86mg (15.88%), Potassium: 492.73mg (14.08%), Vitamin B5: 1.4mg (13.98%), Magnesium: 48.99mg (12.25%), Vitamin B2: 0.19mg (11.35%), Copper: 0.22mg (11.23%), Vitamin B3: 2.01mg (10.05%), Vitamin B1: 0.14mg (9.06%), Zinc: 1.33mg (8.85%), Vitamin E: 1.19mg (7.95%)