



Caramel-Cooked Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ginger fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoon rice vinegar
- ☐ 0.3 cup rice wine dry
- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.3 cup soya sauce gluten-free for (use a wheat-free version)
- ☐ 0.5 cup sugar
- ☐ 2 tablespoon vegetable oil

☐ 0.5 cup onion white thinly sliced

Equipment

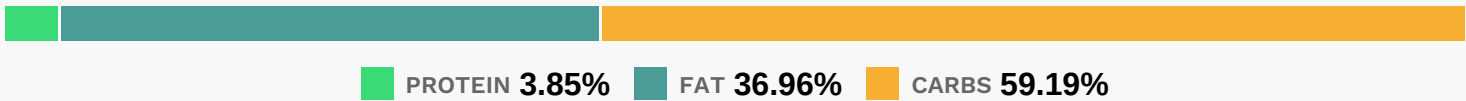
☐ frying pan

☐ whisk

Directions

- ☐ Whisk together the rice wine, rice vinegar, soy sauce, sesame oil, garlic, ginger and sugar until the sugar dissolves.
- ☐ Heat the vegetable oil in a large, heavy skillet (preferably cast iron) over high heat.
- ☐ Lay the tofu squares in the skillet in a single layer (or as close to a single layer as possible). Fry until golden brown on one side, about 4 minutes. Flip the tofu and immediately pour in the sauce; add the white onions and chilies, if using. The sauce will sputter and begin to caramelize. Keep a close eye on it, and move the tofu around a little bit to let the sauce get under it. Continue cooking until the sauce has thickened and become a fairly thick glaze coating the tofu, about 4 minutes more.
- ☐ Serve immediately, topped with the scallions.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:18.18, Inflammation Score:-2, Nutrition Score:2.4373912970819%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 197.29kcal (9.86%), Fat: 7.93g (12.19%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 28.05g (10.2%), Sugar: 26.21g (29.13%), Cholesterol: 0mg (0%), Sodium: 812.14mg (35.31%), Alcohol: 1.54g (100%), Alcohol %: 2.26% (100%), Protein: 1.86g (3.72%), Vitamin K: 12.81µg (12.2%), Manganese: 0.14mg (7.22%), Vitamin B6: 0.08mg (3.99%), Vitamin E: 0.58mg (3.84%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 29.92mg (2.99%), Iron: 0.47mg (2.62%), Magnesium: 9.91mg (2.48%), Vitamin C: 1.97mg (2.39%), Potassium: 79.23mg (2.26%), Vitamin B2: 0.04mg (2.13%), Fiber: 0.5g (1.99%), Copper: 0.04mg (1.77%), Folate: 6.66µg (1.66%), Vitamin B1: 0.02mg (1.44%), Calcium: 12.05mg (1.2%)