



Chili-Glazed Tofu over Asparagus and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled ginger minced
- ☐ 0.8 cup carrots
- ☐ 1 teaspoon chili sauce with garlic (such as kame) hot
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1 tablespoon vegetable oil; peanut oil preferred

- ☐ 3.5 ounce rice long-grain
- ☐ 2 tablespoons rice vinegar
- ☐ 1 teaspoon salt divided
- ☐ 1 tablespoon sugar
- ☐ 1 pound spicy tofu drained cut lengthwise into 9 pieces
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 4 cups water to a boil in a 2-quart saucepan.
- ☐ Add bag of rice, submerging bag completely in water. Boil 10 minutes. Carefully remove bag from pan, leaving boiling water in pan.
- ☐ Add asparagus to pan; cook 1 minute.
- ☐ Drain.
- ☐ While rice cooks, heat peanut oil in a large nonstick skillet over medium-high heat.
- ☐ Combine sugar, vinegar, soy sauce, ginger, and chili sauce in a small bowl.
- ☐ Sprinkle tofu with 1/2 teaspoon salt and pepper.
- ☐ Add tofu to pan; cook 3 minutes on each side or until browned.
- ☐ Add soy sauce mixture; cook 20 seconds, stirring constantly.
- ☐ Remove from heat.
- ☐ Combine rice, asparagus, 1/2 teaspoon salt, carrot, and sesame oil.
- ☐ Serve tofu over rice.

Nutrition Facts



 **PROTEIN 21.72%**  **FAT 31.47%**  **CARBS 46.81%**

Properties

Glycemic Index:107.37, Glycemic Load:20.99, Inflammation Score:-10, Nutrition Score:21.223043649093%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.2mg, Quercetin: 21.2mg, Quercetin: 21.2mg, Quercetin: 21.2mg

Nutrients (% of daily need)

Calories: 370.81kcal (18.54%), Fat: 13.2g (20.3%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 38.27g (13.92%), Sugar: 9.15g (10.17%), Cholesterol: 0mg (0%), Sodium: 1230.57mg (53.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.49g (40.99%), Vitamin A: 6501.22IU (130.02%), Vitamin K: 67.73µg (64.51%), Manganese: 0.72mg (36.14%), Iron: 5.61mg (31.15%), Calcium: 260.27mg (26.03%), Fiber: 5.9g (23.6%), Folate: 92.4µg (23.1%), Copper: 0.44mg (21.91%), Vitamin E: 2.79mg (18.59%), Vitamin B1: 0.27mg (17.79%), Vitamin B2: 0.28mg (16.26%), Phosphorus: 147.69mg (14.77%), Potassium: 499.15mg (14.26%), Vitamin C: 10.71mg (12.98%), Vitamin B6: 0.26mg (12.94%), Vitamin B3: 2.49mg (12.43%), Selenium: 8.67µg (12.39%), Magnesium: 45.12mg (11.28%), Zinc: 1.38mg (9.23%), Vitamin B5: 0.88mg (8.77%)