



Crisp Genmaicha Tofu with Shiitakes and Savoy Cabbage

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



287 kcal

Ingredients

- 1 teaspoon peppercorns black
- 1 lb block medium-firm firm
- 1.5 teaspoons sel gris divided
- 2 tablespoons ginger fresh minced
- 4 tbsp grapeseed divided
- 2 tablespoons green onions finely sliced
- 2.5 cups napa cabbage thinly sliced
- 2 tablespoons polenta

- 1 pound mushroom caps stemmed sliced
- 1 tablespoon genmaicha green (toasted-rice tea)

Equipment

- bowl
- frying pan
- paper towels

Directions

- Combine 2 tsp. genmaicha leaves and 1 1/2 cups boiling water; let steep 5 minutes, then strain into a bowl.
- Meanwhile, heat 2 tbsp. oil in a large frying pan over medium heat.
- Add mushrooms and ginger; sprinkle with 1/2 tsp. salt and cook until mushrooms begin to shrink.
- Add brewed tea; cook 5 minutes. Stir in cabbage and cook until slightly wilted but still green and most of liquid has evaporated, about 5 minutes. Set aside, covered.
- Slice tofu in half horizontally and set on paper towels.
- Cut an X through each half, forming 4 triangles per half, or 8 total. Blot tops with paper towels.
- Pulverize polenta and peppercorns in a spice grinder.
- Add remaining 1 tbsp. tea and 1 tsp. salt and pulse just to combine.
- Brush tofu on both sides with some oil. Liberally sprinkle oiled sides with polenta mixture and press on with your fingers.
- Heat remaining 2 tbsp. oil in a large nonstick frying pan over medium-high heat. Cook tofu until deeply golden brown on one side, about 8 minutes. Flip and brown other side lightly, about 3 minutes more.
- Arrange 2 tofu triangles on each of 4 warmed dinner plates. Reheat mushrooms and cabbage in pan, stir in green onions, and spoon mixture around tofu.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:2.38, Inflammation Score:-5, Nutrition Score:14.113913069601%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 286.74kcal (14.34%), Fat: 19.37g (29.8%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 12.56g (4.57%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 892.39mg (38.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.75%), Vitamin K: 53.42µg (50.87%), Manganese: 0.52mg (25.99%), Vitamin B3: 4.7mg (23.51%), Vitamin B6: 0.46mg (23.02%), Fiber: 4.82g (19.27%), Calcium: 188.82mg (18.88%), Vitamin B5: 1.8mg (18%), Vitamin C: 13.56mg (16.44%), Vitamin B2: 0.28mg (16.35%), Phosphorus: 148.51mg (14.85%), Potassium: 503.6mg (14.39%), Folate: 55.19µg (13.8%), Iron: 2.21mg (12.26%), Selenium: 7.7µg (11%), Copper: 0.21mg (10.4%), Zinc: 1.34mg (8.92%), Magnesium: 34.32mg (8.58%), Vitamin E: 1.21mg (8.04%), Vitamin A: 197.68IU (3.95%), Vitamin B1: 0.05mg (3.08%), Vitamin D: 0.45µg (3.02%)