



Edamame with Tofu, Bean Sprouts and Seaweed



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cayenne pepper
- ☐ 2.8 cups edamame -thawed frozen dry shelled rinsed
- ☐ 0.5 pound extra-firm tofu cut into 1/2-inch dice
- ☐ 1 teaspoon ginger fresh finely grated
- ☐ 1.5 teaspoons soya sauce low-sodium
- ☐ 1.5 cups mung bean sprouts ends trimmed
- ☐ 1.5 tablespoons vegetable oil; peanut oil preferred

- ☐ 4 servings salt
- ☐ 0.5 teaspoon asian sesame oil
- ☐ 1.5 teaspoons sesame seed
- ☐ 1 tablespoon unseasoned rice vinegar
- ☐ 0.3 ounce lightly wakame seaweed crumbled
- ☐ 1 cup water boiling

Equipment

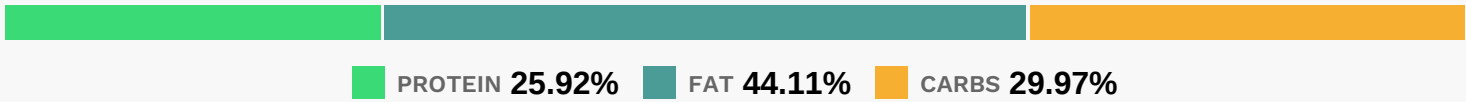
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a heatproof bowl, cover the wakame with the boiling water and let stand until softened, about 15 minutes.
- ☐ Drain the wakame and press to remove any excess water.
- ☐ Toast the sesame seeds in a small skillet over moderate heat, stirring, for 3 minutes. In a medium bowl, whisk the rice vinegar with the soy sauce and ginger.
- ☐ Whisk in the peanut and sesame oils. Season with salt and cayenne.
- ☐ Add the tofu to the dressing and let stand for 5 minutes.
- ☐ Transfer the tofu to a small plate.
- ☐ Add the edamame, bean sprouts and wakame to the dressing and toss to coat. Fold in the tofu.
- ☐ Transfer to a serving bowl, sprinkle with the sesame seeds and serve.
- ☐ Make Ahead: The wakame, sesame seeds and dressing can be prepared through Step 2 up to 4 hours ahead.
- ☐ Wine Recommendation: A fruity Riesling will provide a refreshing contrast to the salty seaweed and Asian flavorings in this salad. Look for one from New York's Finger Lakes region, such as the 2001 Hermann J. Wiemer Dry Johannisberg Riesling or the 2001 Dr. Konstantin Frank Dry Johannisberg Riesling.

Notes: One Serving: 294 calories, 1 gm total fat, 8 gm saturated fat, 17 gm carb.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:7.8104347094246%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 247.55kcal (12.38%), Fat: 12.45g (19.16%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 13.09g (4.76%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 285.13mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.93%), Fiber: 5.94g (23.76%), Iron: 4.12mg (22.88%), Calcium: 175.52mg (17.55%), Vitamin A: 846.84IU (16.94%), Potassium: 570.83mg (16.31%), Vitamin K: 14.68µg (13.98%), Vitamin E: 1.5mg (9.97%), Manganese: 0.17mg (8.42%), Vitamin C: 6.75mg (8.19%), Folate: 30.99µg (7.75%), Copper: 0.12mg (5.95%), Vitamin B6: 0.09mg (4.65%), Vitamin B2: 0.08mg (4.55%), Magnesium: 17.9mg (4.48%), Phosphorus: 36.5mg (3.65%), Vitamin B1: 0.05mg (3.15%), Vitamin B3: 0.55mg (2.77%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.17mg (1.68%), Selenium: 0.71µg (1.02%)