

## Eggplant and Tofu in Spicy Garlic Sauce

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 tsp chili sauce hot (available in Asian markets)
- 0.5 tbsp sesame oil dark
- 4 small eggplant peeled sliced into strips 2-inches long, 1-inch wide, and 1/ (or use one large eggplant)
- 1 pound tofu (not silken)
- 1 inch ginger fresh grated peeled
- 6 garlic clove
- 1 tbsp hoisin sauce
- 3 tbsp seasoned rice vinegar

- 3 tbsp soya sauce (reduced sodium preferred)
- 0.5 tbsp sugar
- 1 tomatoes coarsely chopped
- 1 tbsp tomato paste
- 0.8 cup vegetable stock
- 0.3 cup water

## Equipment

- frying pan
- wok
- cutting board

## Directions

- Cut the tofu into 1/2-inch slices and press them lightly between towels to get some of the moisture out.
- Combine the 3 tbsp. soy sauce with the 2 tbsp. water and 1/2 tsp. sesame oil. Dip each slice of tofu into the mixture and set on a plate.
- Heat an oiled, non-stick skillet until hot.
- Place the tofu slices in the skillet and cook until browned. Turn over and brown the other sides. When the tofu is completely browned on both sides, remove it from the skillet and place it on a cutting board.
- Cut each slice into 8-10 cubes. Set aside.
- Heat an oiled, non-stick wok and add the eggplant and 1/3 cup water. Cover and cook, stirring often, until eggplant begins to brown. Uncover and add the garlic and ginger and cook for 2 more minutes.
- Add the vegetable broth to the eggplant along with all remaining ingredients except the tomato, sesame seeds, and reserved tofu. Simmer uncovered until all the eggplant slices are completely cooked—they will be very soft and start to fall apart.
- Add the tofu cubes and tomato and cook until heated through.
- Serve over rice, sprinkled with sesame seeds.

## Nutrition Facts

PROTEIN 23.31% FAT 24.31% CARBS 52.38%

## Properties

Glycemic Index:88.27, Glycemic Load:6.65, Inflammation Score:-8, Nutrition Score:19.068695628125%

## Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 269.61kcal (13.48%), Fat: 7.84g (12.05%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 22.45g (8.16%), Sugar: 21.16g (23.51%), Cholesterol: 0.12mg (0.04%), Sodium: 1052.59mg (45.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Manganese: 1.27mg (63.63%), Fiber: 15.54g (62.18%), Potassium: 1223.51mg (34.96%), Folate: 109.59µg (27.4%), Vitamin B6: 0.51mg (25.35%), Copper: 0.45mg (22.46%), Vitamin C: 16.77mg (20.33%), Calcium: 201.29mg (20.13%), Vitamin B3: 3.91mg (19.56%), Magnesium: 77.8mg (19.45%), Vitamin K: 19.28µg (18.37%), Iron: 3.07mg (17.08%), Phosphorus: 147.94mg (14.79%), Vitamin B5: 1.4mg (14.04%), Vitamin B1: 0.21mg (14.03%), Vitamin B2: 0.22mg (12.76%), Vitamin E: 1.77mg (11.79%), Vitamin A: 521.24IU (10.42%), Zinc: 0.94mg (6.29%), Selenium: 2.49µg (3.56%)