



Fettuccine and Tofu with Finger-Licking Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons brown sugar
- 1 cup carrots shredded
- 2 teaspoons chile paste with garlic
- 0.5 cup less-sodium chicken broth fat-free
- 8 ounces fettuccine barilla uncooked
- 2 teaspoons ginger fresh grated peeled
- 4 garlic cloves minced

- 1 cup green onions sliced (2-inch)
- 0.3 cup soya sauce low-sodium
- 0.3 cup chunky peanut butter
- 2 tablespoons rice vinegar
- 1 pound spicy tofu firm cubed drained

Equipment

- bowl
- sauce pan

Directions

- Combine first 8 ingredients in a small saucepan. Cook over medium heat 5 minutes or until smooth, stirring frequently.
- Remove from heat.
- Cook pasta in boiling water 8 minutes, omitting salt and fat.
- Add tofu, onions, and carrot; drain.
- Place pasta mixture in a large bowl.
- Add peanut butter mixture; toss gently.

Nutrition Facts



Properties

Glycemic Index:61.71, Glycemic Load:19.31, Inflammation Score:-10, Nutrition Score:23.018260846967%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 484.09kcal (24.2%), Fat: 16g (24.61%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 63.17g (21.06%), Net Carbohydrates: 57.86g (21.04%), Sugar: 14.32g (15.92%), Cholesterol: 47.63mg (15.88%), Sodium: 805.32mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Vitamin A: 5635.57IU (112.71%), Selenium: 46.83µg (66.91%), Vitamin K: 56.39µg (53.7%), Manganese: 0.94mg (47.01%), Phosphorus: 248.25mg (24.82%), Calcium: 218.01mg (21.8%), Fiber: 5.31g (21.22%), Vitamin B3: 4.2mg (21%), Magnesium: 82.63mg (20.66%), Iron: 3.58mg (19.9%), Vitamin B6: 0.33mg (16.47%), Copper: 0.3mg (15.18%), Folate: 60.23µg (15.06%), Potassium: 502.86mg (14.37%), Vitamin E: 2.1mg (14.03%), Zinc: 1.85mg (12.33%), Vitamin B1: 0.17mg (11.36%), Vitamin B2: 0.17mg (10%), Vitamin C: 7.97mg (9.67%), Vitamin B5: 0.91mg (9.11%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.17µg (1.13%)