



HEALTH SCORE

94%

Fresh Spinach with Tofu Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 18 ounce baby spinach fresh
- ☐ 1 teaspoon dashi granules
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 6 lemon peel strips thin
- ☐ 1 teaspoon mirin sweet (Japanese rice wine)
- ☐ 0.5 teaspoon sugar
- ☐ 8 ounces spicy tofu fresh soft

- ☐ 1 tablespoon sesame seed white crushed toasted
- ☐ 1 teaspoon miso sweet white yellow (shiro-miso)

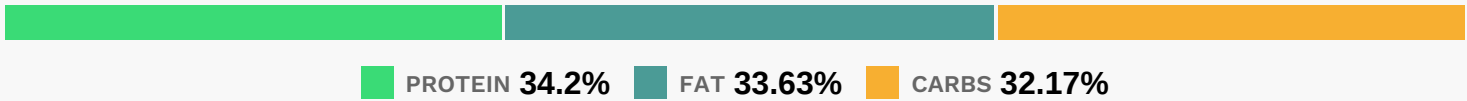
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ cheesecloth

Directions

- ☐ Working in batches, cook spinach in large pot of boiling salted water until just wilted and bright green, about 1 minute.
- ☐ Drain. Cool spinach in bowl of ice water.
- ☐ Drain. Squeeze spinach to remove excess liquid.
- ☐ Transfer spinach to large bowl. Fluff with fork.
- ☐ Place 4 layers of cheesecloth or 1 linen towel on work surface. Spoon tofu into center of cheesecloth. Bring corners of cheesecloth together over tofu. Gently squeeze cheesecloth to remove excess liquid from tofu.
- ☐ Transfer tofu to paper coffee filter or double layer of paper towels. Allow filter to absorb liquid from tofu. Repeat with 4 more coffee filters or double layers of paper towels to remove most of excess liquid from tofu (tofu will be slightly crumbly).
- ☐ Transfer drained tofu to medium bowl. Stir in miso and next 5 ingredients (mixture will look curdled). (Can be prepared 8 hours ahead. Cover spinach and tofu dressing separately and refrigerate.) Spoon tofu dressing over spinach and toss to coat. Season to taste with salt. Divide spinach among bowls.
- ☐ Sprinkle sesame seeds over; garnish with lemon.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:19.940434791391%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 66.41kcal (3.32%), Fat: 2.74g (4.22%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 109.15mg (4.75%), Alcohol: 0.13g (100%), Alcohol %: 0.13% (100%), Protein: 6.27g (12.55%), Vitamin K: 411.08µg (391.5%), Vitamin A: 7979.09IU (159.58%), Folate: 167.38µg (41.85%), Manganese: 0.8mg (40.22%), Vitamin C: 31.91mg (38.68%), Magnesium: 73.34mg (18.34%), Iron: 3.03mg (16.83%), Calcium: 153.49mg (15.35%), Potassium: 493.99mg (14.11%), Fiber: 3.03g (12.12%), Vitamin E: 1.75mg (11.65%), Vitamin B2: 0.17mg (10.09%), Vitamin B6: 0.19mg (9.46%), Copper: 0.18mg (8.77%), Vitamin B1: 0.08mg (5.44%), Phosphorus: 52.71mg (5.27%), Zinc: 0.6mg (3.97%), Vitamin B3: 0.72mg (3.6%), Selenium: 1.44µg (2.06%)