



Fried Tofu with Spicy Ginger-Sesame Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 servings rice steamed for serving
- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 1 large garlic clove very finely chopped
- ☐ 1 tablespoon korean pepper flakes red crushed
- ☐ 1 scallion
- ☐ 0.5 tablespoon sesame oil toasted
- ☐ 1 teaspoon sesame seed toasted
- ☐ 2.5 tablespoons soya sauce

- ☐ 1 tablespoon sugar
- ☐ 1 container spicy tofu firm
- ☐ 25 servings vegetable oil for frying

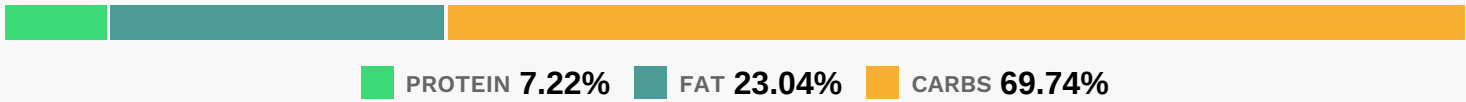
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a small bowl, whisk the soy sauce with the sugar, red pepper, garlic, sesame oil, ginger and sesame seeds.
- ☐ Slice the tofu crosswise into 8 thin slabs. Dry the tofu with paper towels, pressing until no moisture remains.
- ☐ In a large skillet, heat 1/4 inch of oil until shimmering.
- ☐ Add the tofu and cook over moderate heat, turning once, until browned and crisp, about 8 minutes per side.
- ☐ Drain on paper towels. Spoon the sauce over the fried tofu and sprinkle with the scallion.
- ☐ Serve with steamed rice.

Nutrition Facts



Properties

Glycemic Index:12.84, Glycemic Load:24.29, Inflammation Score:-1, Nutrition Score:3.0543478513541%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 134.71kcal (6.74%), Fat: 3.39g (5.22%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 23.11g (7.7%), Net Carbohydrates: 22.65g (8.23%), Sugar: 0.59g (0.65%), Cholesterol: 0mg (0%), Sodium: 106.72mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Manganese: 0.39mg (19.62%), Selenium: 6.06µg (8.65%), Vitamin K: 6.52µg (6.21%), Vitamin B6: 0.09mg (4.32%), Phosphorus: 38.19mg (3.82%), Copper: 0.06mg (3.23%), Vitamin B5: 0.32mg (3.19%), Magnesium: 11.15mg (2.79%), Zinc: 0.42mg (2.79%), Vitamin E: 0.39mg (2.6%), Vitamin B3: 0.43mg (2.16%), Vitamin A: 99.68IU (1.99%), Fiber: 0.47g (1.88%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.26%), Potassium: 40.56mg (1.16%), Calcium: 10.74mg (1.07%)