

# Garlic Ginger Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

## Ingredients

- 3 tablespoons canola oil
- 2 teaspoons ginger root fresh minced
- 2 teaspoons garlic minced
- 1 lime
- 1 tablespoon tamari sauce to taste
- 2 pounds spicy tofu firm

## Equipment

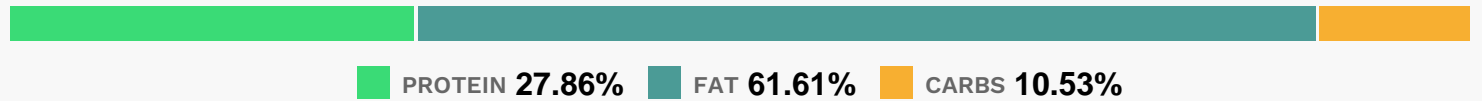
- frying pan

wok

## Directions

- Heat oil in a wok or skillet over medium heat. Stir in garlic and ginger, and cook for 1 minute.
- Add tofu to the pan with tamari, and stir to coat. Cover, and continue cooking for 20 to 30 minutes.
- Squeeze lime juice over tofu before serving.

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:2.065652202005%

## Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 147.04kcal (7.35%), Fat: 10.27g (15.79%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.76g (1.01%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 130.58mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.89%), Calcium: 146.4mg (14.64%), Iron: 1.48mg (8.22%), Vitamin E: 0.94mg (6.26%), Fiber: 1.19g (4.74%), Vitamin K: 3.81µg (3.63%), Vitamin C: 2.7mg (3.27%), Manganese: 0.03mg (1.28%)