



Ginger-Chile Tofu With Red Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- 4 servings cilantro sprigs fresh chopped for garnish
- 4 small chile peppers dried hot to taste
- 14 ounce extra-firm tofu firm reduced-fat
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic cloves minced
- 1 tablespoon soya sauce low-sodium
- 1.5 tablespoons vegetable oil; peanut oil preferred
- 2 bell peppers red cored seeded cut into strips

- 2 scallions trimmed roughly chopped
- 1 tablespoon sesame oil
- 2 tablespoons water

Equipment

- frying pan
- paper towels
- cutting board

Directions

- Cut the block of tofu in half lengthwise.
- Put the halves on 4 sheets of paper towels, and cover with another 4 sheets. Cover with a heavy cutting board, or a plate weighted with cans. Change the towels if they become saturated. Weight the tofu for a total of 30 minutes. (Or buy "pressed tofu" and skip this step.)
- Cut the tofu into 1/2-inch cubes and set aside.
- Heat the peanut oil in a large nonstick skillet over medium-high heat.
- Add the bell peppers and cook, stirring occasionally, until browned and tender, about 10 minutes.
- Add the garlic, ginger, and chile peppers, and cook, stirring, for about 30 seconds.
- Add the tofu and 2 tablespoons water. Cook, stirring occasionally, until the tofu is hot, about 5 minutes.
- Add the scallions; stir for about 30 seconds.
- Turn off the heat, then stir in the soy sauce and sesame oil; garnish with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.07, Inflammation Score:-9, Nutrition Score:12.303913007612%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 157.62kcal (7.88%), Fat: 10.89g (16.75%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.81g (2.11%), Sugar: 3.9g (4.33%), Cholesterol: 0mg (0%), Sodium: 211.29mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Vitamin C: 78.18mg (94.77%), Vitamin A: 2062.13IU (41.24%), Vitamin K: 16.74µg (15.94%), Phosphorus: 128.05mg (12.81%), Vitamin E: 1.89mg (12.58%), Copper: 0.23mg (11.4%), Vitamin B6: 0.23mg (11.3%), Magnesium: 39.68mg (9.92%), Potassium: 334.14mg (9.55%), Iron: 1.66mg (9.21%), Folate: 33.54µg (8.38%), Vitamin B1: 0.12mg (8.02%), Fiber: 1.76g (7.02%), Manganese: 0.14mg (6.76%), Vitamin B2: 0.11mg (6.33%), Zinc: 0.84mg (5.57%), Vitamin B3: 0.96mg (4.82%), Calcium: 44.86mg (4.49%), Vitamin B5: 0.23mg (2.27%)