



Ginger-Sesame Grilled Tofu Steaks



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 8 slices lime
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.7 cup ginger-sesame vinaigrette
- ☐ 2 cups short-grain rice white hot cooked
- ☐ 1 pound extrafirm water-packed tofu drained reduced-fat

Equipment

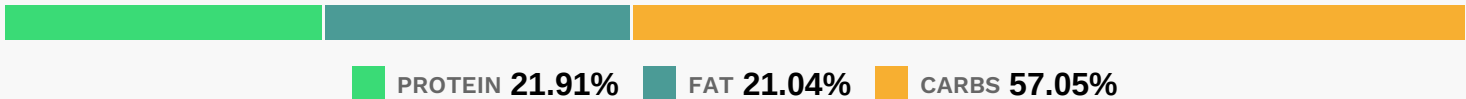
- ☐ paper towels

- ☐ baking pan
- ☐ grill

Directions

- ☐ Place tofu slices on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 20 minutes, pressing down occasionally.
- ☐ Combine Ginger–Sesame Vinaigrette, cilantro, and soy sauce in a 13 x 9–inch baking dish.
- ☐ Remove 1/4 cup cilantro mixture; set aside.
- ☐ Add tofu to dish in a single layer, turning to coat. Cover and marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Prepare grill to medium–high heat.
- ☐ Add lime slices to marinade, turning to coat.
- ☐ Remove tofu and lime slices from marinade, reserving marinade.
- ☐ Place tofu and lime slices on grill rack coated with cooking spray; grill 2 minutes on each side or until browned and thoroughly heated, basting occasionally with reserved marinade. Spoon 1/2 cup rice onto each of 4 plates. Top each serving with 2 tofu slices and 2 lime slices; drizzle each serving with 1 tablespoon reserved cilantro mixture.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:63.68, Inflammation Score:-8, Nutrition Score:34.63434796748%

Flavonoids

Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 606.21kcal (30.31%), Fat: 14.02g (21.57%), Saturated Fat: 2.14g (13.34%), Carbohydrates: 85.54g (28.51%), Net Carbohydrates: 79.7g (28.98%), Sugar: 0.13g (0.14%), Cholesterol: 40.82mg (13.61%), Sodium: 396.18mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.86g (65.71%), Selenium: 100.61µg (143.73%), Manganese: 1.69mg (84.55%), Vitamin B3: 16.54mg (82.71%), Folate: 261.77µg (65.44%), Copper: 1.29mg (64.42%),

Iron: 9.83mg (54.61%), Vitamin B1: 0.8mg (53.27%), Vitamin B12: 2.91µg (48.57%), Phosphorus: 414.65mg (41.47%),
Vitamin B6: 0.74mg (36.94%), Magnesium: 139.74mg (34.93%), Calcium: 269.09mg (26.91%), Zinc: 3.82mg
(25.47%), Fiber: 5.84g (23.35%), Vitamin B5: 1.49mg (14.85%), Vitamin B2: 0.21mg (12.52%), Potassium: 409.22mg
(11.69%), Vitamin D: 1.36µg (9.07%), Vitamin E: 0.46mg (3.07%), Vitamin A: 74.63IU (1.49%)