



Glazed Chili Tofu with Ramen

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 14 oz extra tofu dry drained
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon garlic fresh minced
- ☐ 1 qt chicken broth reduced-sodium
- ☐ 4 tablespoons soy sauce divided reduced-sodium
- ☐ 2 cups pkt spinach
- ☐ 1 tbsp chilli sauce sweet

- ☐ 1 tablespoon vegetable oil
- ☐ 12 ounces japanese ramen noodles fresh chinese

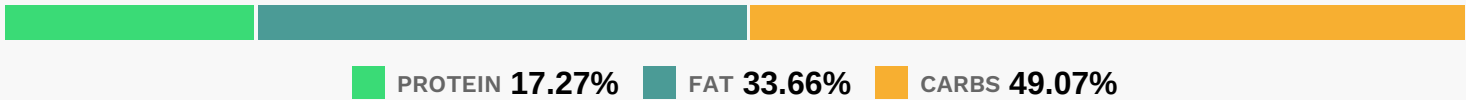
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Combine broth, 2 cups water, the ginger, garlic, and 3 tbsp. soy sauce in a medium saucepan. Bring to a simmer over medium heat; cook 10 minutes.
- ☐ Mix the remaining 1 tbsp. soy sauce and 1 tbsp. chili sauce in a small bowl; set mixture aside.
- ☐ Cut tofu crosswise into 8 slabs, each 1/2 in. thick.
- ☐ Heat oil in a large nonstick frying pan over medium heat. Cook tofu, turning once, until lightly browned, about 8 minutes.
- ☐ Remove from heat; pour soy–chili mixture over tofu and turn gently to coat.
- ☐ Add noodles and carrots to broth and cook, stirring occasionally, until just tender, 3 to 4 minutes. Stir in spinach and cook just until wilted. Ladle noodles, broth, and vegetables into bowls and top each with 2 slabs of tofu.
- ☐ Drizzle tofu with more chili sauce if you like.
- ☐ *Available refrigerated at well-stocked grocery stores and Asian markets.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:25.74, Inflammation Score:-10, Nutrition Score:26.503043226574%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 532.12kcal (26.61%), Fat: 20.23g (31.12%), Saturated Fat: 7.69g (48.09%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 62.84g (22.85%), Sugar: 6.37g (7.07%), Cholesterol: 0mg (0%), Sodium: 2518.07mg (109.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.71%), Vitamin A: 6762.86IU (135.26%), Vitamin K: 87.81µg (83.63%), Vitamin B1: 1mg (66.48%), Vitamin B3: 7.58mg (37.91%), Manganese: 0.71mg (35.67%), Folate: 138.58µg (34.64%), Iron: 5.85mg (32.51%), Phosphorus: 320.17mg (32.02%), Copper: 0.52mg (25.94%), Vitamin B2: 0.41mg (24.3%), Potassium: 766.21mg (21.89%), Magnesium: 76.7mg (19.17%), Vitamin E: 2.15mg (14.33%), Fiber: 3.5g (13.98%), Selenium: 9.06µg (12.95%), Zinc: 1.87mg (12.44%), Vitamin B6: 0.24mg (11.76%), Calcium: 99mg (9.9%), Vitamin C: 7.07mg (8.57%), Vitamin B12: 0.45µg (7.49%), Vitamin B5: 0.4mg (3.99%)