



Glazed Tofu-Mushroom Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons cooking sherry dry
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mung bean sprouts
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 scallion thinly sliced
- ☐ 0.5 teaspoon asian sesame oil
- ☐ 1 pound mushroom caps

- ☐ 2 tablespoons soya sauce
- ☐ 0.5 pound spicy tofu firm sliced
- ☐ 1 large tomatoes coarsely chopped
- ☐ 2 tablespoons vegetable oil

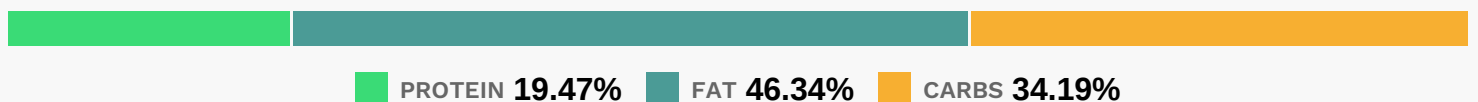
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat the broiler. In a small bowl, combine the ketchup, soy sauce, sherry and sesame oil. In another small bowl, blend 1 tablespoon of the ketchup sauce with the lemon juice and reserve.
- ☐ Arrange the mushroom caps on a cookie sheet, stemmed side down; brush with the vegetable oil and season with salt and pepper. Broil 6 inches from the heat for 4 minutes, rotating the pan if necessary, until browned. Turn the caps and broil for 3 minutes, or until lightly browned.
- ☐ Brush the caps with some ketchup sauce and broil for 30 seconds, or until crisp and deeply browned. Turn, brush again with sauce and broil for 30 seconds longer. Stack the caps and slice into 1/4-inch strips.
- ☐ On the cookie sheet, brush the tofu on both sides with some of the ketchup sauce. Broil for 1 minute, or until deeply browned and crisp. While still on the sheet, gently cut into 1-inch cubes.
- ☐ In a bowl, toss the mushrooms, scallion, tomato and sprouts with the lemon dressing; season with salt and pepper. Using a spatula, transfer the tofu to the salad, toss lightly and serve.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:13.093913078308%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 191.09kcal (9.55%), Fat: 10.53g (16.2%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 12.96g (4.71%), Sugar: 8.68g (9.64%), Cholesterol: 0mg (0%), Sodium: 849.53mg (36.94%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 9.95g (19.9%), Vitamin K: 31.42µg (29.92%), Vitamin B3: 5.45mg (27.27%), Vitamin B6: 0.44mg (21.9%), Manganese: 0.43mg (21.5%), Vitamin B2: 0.33mg (19.35%), Vitamin B5: 1.89mg (18.89%), Fiber: 4.51g (18.04%), Phosphorus: 169.43mg (16.94%), Potassium: 566.49mg (16.19%), Vitamin C: 12.3mg (14.9%), Copper: 0.26mg (12.94%), Folate: 43.09µg (10.77%), Iron: 1.83mg (10.16%), Magnesium: 39.77mg (9.94%), Vitamin A: 491.56IU (9.83%), Selenium: 6.82µg (9.74%), Zinc: 1.43mg (9.55%), Calcium: 87.85mg (8.79%), Vitamin E: 1.08mg (7.17%), Vitamin B1: 0.07mg (4.35%), Vitamin D: 0.45µg (3.02%)