



Griddled Tofu with Garlic-Sesame Bok Choy

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 cups bok choy thinly sliced
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 garlic cloves minced
- ☐ 3 garlic cloves
- ☐ 1 teaspoon gingerroot minced peeled

- ☐ 2 teaspoons gingerroot minced peeled
- ☐ 2.5 cups green onions diagonally sliced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon sesame seed
- ☐ 21 ounce spicy tofu firm drained reduced-fat
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup water

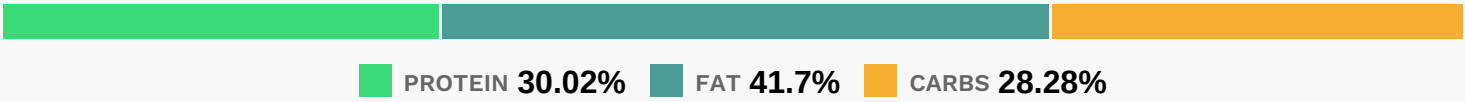
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine first 9 ingredients in a blender, and process until smooth.
- ☐ Pour pured sesame seed mixture into a large bowl; set aside.
- ☐ Cut each tofu cake crosswise into 4 slices.
- ☐ Place tofu slices in sesame seed mixture, and marinate in refrigerator at least 2 hours.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Remove tofu slices from marinade; discard marinade.
- ☐ Add tofu slices to skillet, and cook 2 minutes on each side or until browned.
- ☐ Remove from skillet; set aside, and keep warm.
- ☐ Heat 1 teaspoon vegetable oil and 1 teaspoon sesame oil in skillet over medium-high heat.
- ☐ Add bok choy, 1 teaspoon gingerroot, and minced garlic; saut 2 minutes.
- ☐ Add green onions and 1 tablespoon soy sauce; saut 2 minutes.
- ☐ Spoon bok choy mixture onto individual plates, and top with tofu slices.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:27.436956478202%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg, Kaempferol: 9.95mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

Nutrients (% of daily need)

Calories: 251.93kcal (12.6%), Fat: 12.37g (19.03%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 13.3g (4.84%), Sugar: 7.5g (8.33%), Cholesterol: 0mg (0%), Sodium: 883.33mg (38.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.04g (40.07%), Vitamin K: 228µg (217.14%), Vitamin A: 10154.69IU (203.09%), Vitamin C: 107.5mg (130.3%), Calcium: 490.21mg (49.02%), Folate: 189.76µg (47.44%), Manganese: 0.65mg (32.32%), Iron: 5.13mg (28.52%), Vitamin B6: 0.55mg (27.69%), Potassium: 816.32mg (23.32%), Fiber: 5.57g (22.3%), Magnesium: 76.41mg (19.1%), Phosphorus: 154.53mg (15.45%), Vitamin B2: 0.26mg (15.24%), Copper: 0.22mg (10.91%), Vitamin B1: 0.15mg (10.09%), Vitamin B3: 1.79mg (8.97%), Zinc: 1.03mg (6.88%), Vitamin E: 0.95mg (6.34%), Selenium: 2.91µg (4.16%), Vitamin B5: 0.33mg (3.3%)