



WHAT'SHEATE



Grilled Eggplant and Tofu Steaks with Sticky Hoisin Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound eggplants cut lengthwise into 1/2-inch-thick slices
- ☐ 14 ounce extra-firm tofu drained
- ☐ 1.5 tablespoons garlic minced
- ☐ 1 tablespoon ginger minced peeled
- ☐ 0.3 cup green onions sliced
- ☐ 3 tablespoons hoisin sauce
- ☐ 0.3 cup catsup

- ☐ 0.1 teaspoon kosher salt
- ☐ 1.5 tablespoons lower-sodium soy sauce
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1.5 tablespoons rice vinegar
- ☐ 1 serrano chile finely chopped
- ☐ 2 teaspoons sesame seed toasted

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Place tofu on paper towels; cover with paper towels. Top with a heavy skillet; let stand 20 minutes.
- ☐ Cut tofu crosswise into 8 (1/2-inch-thick) slices.
- ☐ Combine ketchup and next 6 ingredients in a saucepan; bring to a boil. Reduce heat to medium-low; cook until reduced to 1 cup (12 minutes), stirring occasionally. Set aside 1/2 cup.
- ☐ Preheat grill to medium-high heat.
- ☐ Brush oil over tofu and eggplant; sprinkle with salt.
- ☐ Place eggplant on grill rack coated with cooking spray, and grill 2 minutes. Turn eggplant over, and brush with 2 tablespoons sauce; grill 2 minutes. Turn eggplant over; brush with 2 tablespoon sauce. Cook 2 minutes on each side.
- ☐ Add tofu to grill; grill 3 minutes. Turn tofu over, and brush with 2 tablespoons sauce; grill 3 minutes. Turn tofu over and brush with 2 tablespoons sauce; grill for 1 minute on each side.
- ☐ Sprinkle with onions and seeds.
- ☐ Serve with eggplant and 1/2 cup reserved sauce.

Nutrition Facts



 PROTEIN **18.13%**  FAT **40.86%**  CARBS **41.01%**

Properties

Glycemic Index:51.75, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:11.986521845279%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 267.11kcal (13.36%), Fat: 12.76g (19.63%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 20.36g (7.4%), Sugar: 16.14g (17.93%), Cholesterol: 0.36mg (0.12%), Sodium: 675.09mg (29.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Manganese: 0.7mg (34.85%), Fiber: 8.47g (33.88%), Vitamin K: 21.81µg (20.78%), Potassium: 656.9mg (18.77%), Calcium: 173.61mg (17.36%), Folate: 62.69µg (15.67%), Vitamin B6: 0.3mg (14.92%), Vitamin E: 2.18mg (14.56%), Copper: 0.28mg (14.01%), Iron: 2.3mg (12.79%), Magnesium: 48.03mg (12.01%), Vitamin C: 8.73mg (10.58%), Vitamin B3: 2.1mg (10.51%), Vitamin B2: 0.17mg (10.01%), Phosphorus: 88.78mg (8.88%), Vitamin B1: 0.11mg (7.48%), Vitamin B5: 0.7mg (7.04%), Vitamin A: 232.21IU (4.64%), Zinc: 0.63mg (4.2%), Selenium: 1.92µg (2.75%)