



 **36%**
HEALTH SCORE

Grilled Tofu and Sauteed Asian Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce baby spinach
- 1.5 teaspoons t brown sugar dark packed
- 1 small garlic clove minced
- 0.3 cup soy sauce low-sodium
- 0.3 teaspoon pepper dried red hot
- 1 teaspoon sesame oil
- 14 ounce tofu firm drained
- 1 tablespoon vegetable oil

Equipment

- frying pan
- baking sheet
- paper towels
- baking pan
- grill
- spatula
- tongs
- grill pan

Directions

- Cut tofu crosswise into 6 slices. Arrange in 1 layer on a triple layer of paper towels and top with another triple layer of towels. Weight with a shallow baking pan or baking sheet and let stand 2 minutes. Repeat weighting with dry paper towels 2 more times.
- Stir together soy sauce, sesame oil, brown sugar, ginger, garlic, Tabasco, and 1 tablespoon vegetable oil in a glass pie plate.
- Add tofu slices in 1 layer and marinate, turning over every couple of minutes, 8 minutes total.
- Heat a lightly oiled well-seasoned ridged grill pan over moderately high heat until hot but not smoking. Lift tofu from marinade with a slotted spatula (reserve marinade) and grill, turning over once carefully with spatula, until grill marks appear and tofu is heated through, 4 to 6 minutes total.
- While tofu grills, heat remaining teaspoon vegetable oil in a 12-inch skillet over moderately high heat until hot but not smoking, then sauté greens, tossing with tongs, until beginning to wilt.
- Add reserved marinade and sauté, tossing, until greens are just wilted, about 1 minute. Lift greens from skillet with tongs, letting excess marinade drip off, and divide between 2 plates.
- Serve greens with tofu slices.

Nutrition Facts



■ PROTEIN **30.61%** ■ FAT **50.75%** ■ CARBS **18.64%**

Properties

Glycemic Index:38.5, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:28.869565321052%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 309.6kcal (15.48%), Fat: 18.22g (28.04%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 10.01g (3.64%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 1272.61mg (55.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.47%), Vitamin K: 697.71µg (664.48%), Vitamin A: 13365.93IU (267.32%), Folate: 289.16µg (72.29%), Manganese: 1.44mg (71.89%), Vitamin C: 40.3mg (48.85%), Calcium: 403.98mg (40.4%), Iron: 6.74mg (37.47%), Magnesium: 134.99mg (33.75%), Potassium: 918.03mg (26.23%), Vitamin E: 3.69mg (24.59%), Vitamin B2: 0.35mg (20.49%), Fiber: 5.05g (20.19%), Vitamin B6: 0.35mg (17.62%), Phosphorus: 125.53mg (12.55%), Copper: 0.21mg (10.41%), Vitamin B1: 0.13mg (8.46%), Vitamin B3: 1.43mg (7.16%), Zinc: 1.03mg (6.88%), Selenium: 1.88µg (2.68%), Vitamin B5: 0.21mg (2.09%)