



## Hot and Sour Shirataki Noodles with Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



232 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tsp chili sauce hot chinese to taste ()
- 1 tsp garlic chopped
- 4 spring onion finely chopped
- 2 tbsp juice of lime
- 8 ounces mushrooms sliced
- 2 servings napa cabbage shredded
- 2 servings peanuts toasted chopped
- 0.3 tsp pepper red

- 1.5 tsp sesame oil
- 14 ounces shirataki packed in water (two 7 or 8 ounce packages)
- 3 tbsp soya sauce
- 1 tsp sugar
- 8 ounces tofu firm cut into cubes
- 2 cups water
- 2 servings frangelico
- 2 servings frangelico

## Equipment

- bowl
- frying pan
- sauce pan
- wok

## Directions

- Drain and rinse the shirataki noodles and place them in a saucepan with the water, soy sauce, and sesame oil. Bring to a boil and cook for 2 minutes.
- Remove from the heat and set aside. Toss the tofu cubes with the 1 tbsp. soy sauce and 1/4 tsp. sesame oil and set aside while you heat an oiled non-stick skillet or wok. When the skillet is hot, lift the tofu from the marinade and pan-fry it until it is lightly brown on all sides.
- Remove it from the skillet and place it back in the bowl with the marinade. Stir gently, and set aside.
- Add the remaining 1 1/2 tsp. sesame oil to the pan. Over medium-high heat, stir fry the red pepper, garlic, green onions, and mushrooms until the mushrooms start to exude their juices.
- Add the lime juice, 3 tbsp. soy sauce, and sugar, and stir well. Continue stir-frying until the mixture boils.
- Drain the noodles and add them to the pan, along with the tofu and its marinade. Toss well to mix.
- Serve on a bed of shredded cabbage and sprinkle with chopped peanuts.

# Nutrition Facts

■ PROTEIN 33.03% ■ FAT 36% ■ CARBS 30.97%

## Properties

Glycemic Index:120.17, Glycemic Load:3.24, Inflammation Score:-5, Nutrition Score:14.398695510367%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

## Nutrients (% of daily need)

Calories: 232.42kcal (11.62%), Fat: 9.39g (14.44%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 14.94g (5.43%), Sugar: 6.33g (7.04%), Cholesterol: 0mg (0%), Sodium: 1572.56mg (68.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Vitamin K: 51.08µg (48.64%), Vitamin B2: 0.53mg (30.96%), Vitamin B3: 5.55mg (27.75%), Copper: 0.48mg (23.92%), Vitamin B5: 1.86mg (18.65%), Calcium: 182.74mg (18.27%), Iron: 3.07mg (17.05%), Selenium: 11.29µg (16.13%), Phosphorus: 151.96mg (15.2%), Potassium: 531.24mg (15.18%), Vitamin C: 12.5mg (15.15%), Manganese: 0.29mg (14.26%), Fiber: 3.22g (12.9%), Vitamin B6: 0.22mg (11.23%), Folate: 44.52µg (11.13%), Vitamin B1: 0.14mg (9.17%), Magnesium: 32.4mg (8.1%), Vitamin A: 341.21IU (6.82%), Zinc: 0.89mg (5.93%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.23µg (1.51%)