



Korean Braised Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups carrots thin
- ☐ 4 cups rice long-grain hot cooked
- ☐ 2 tablespoons dijon mustard
- ☐ 12.3 ounce extra-firm tofu drained
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon blackstrap molasses

- ☐ 0.3 cup onion fresh grated
- ☐ 1 cup slivered onion red
- ☐ 1 cup bell pepper red thin
- ☐ 0.3 teaspoon salt
- ☐ 1 cup snow peas trimmed
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup vegetable broth divided
- ☐ 4 teaspoons vegetable oil divided

Equipment

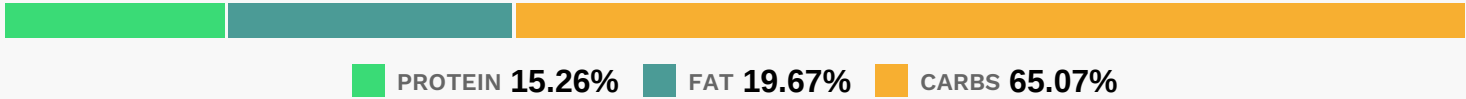
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place tofu on several layers of heavy duty paper towels; cover with additional paper towels, and place on a plate.
- ☐ Place a saucepan filled with potatoes on top of paper towels; let stand 20 minutes to remove excess water.
- ☐ Cut tofu crosswise into 12 slices; set aside.
- ☐ Combine 1/4 cup vegetable broth, 2 teaspoons oil, soy sauce, and next 5 ingredients in an 11-x 7-inch baking dish.
- ☐ Place tofu slices in baking dish, turning to coat. Cover and marinate in refrigerator 1 hour.
- ☐ Preheat oven to 35
- ☐ Uncover tofu, and bake at 350 for 45 minutes or until marinade is almost absorbed.
- ☐ Remove tofu from baking dish; set aside, and keep warm.
- ☐ Add remaining 1/4 cup vegetable broth to baking dish; stir, scraping dish to loosen browned bits.

- ☐
- Pour over tofu, and sprinkle with cilantro.
- ☐
- Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐
- Add carrot, red pepper, and onion; cook, stirring constantly, 4 minutes.
- ☐
- Add snow peas and salt; cook, stirring 1 minute or until vegetables are crisp-tender.
- ☐
- Serve tofu and vegetables over rice. constantly,

Nutrition Facts



Properties

Glycemic Index:127.48, Glycemic Load:55.62, Inflammation Score:-10, Nutrition Score:22.993478111599%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

Nutrients (% of daily need)

Calories: 431.11kcal (21.56%), Fat: 9.48g (14.59%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 70.6g (23.53%), Net Carbohydrates: 64.7g (23.53%), Sugar: 15.25g (16.94%), Cholesterol: 0mg (0%), Sodium: 1166.27mg (50.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Vitamin A: 12206.98IU (244.14%), Vitamin C: 70.41mg (85.34%), Manganese: 1.23mg (61.38%), Vitamin B6: 0.53mg (26.72%), Vitamin K: 25.63µg (24.41%), Fiber: 5.9g (23.6%), Selenium: 16.15µg (23.07%), Calcium: 194.85mg (19.48%), Magnesium: 72.78mg (18.2%), Potassium: 626.89mg (17.91%), Phosphorus: 174.83mg (17.48%), Iron: 3mg (16.69%), Folate: 63.87µg (15.97%), Vitamin B5: 1.29mg (12.95%), Vitamin B1: 0.18mg (12.1%), Copper: 0.23mg (11.43%), Vitamin E: 1.67mg (11.12%), Vitamin B3: 2.17mg (10.87%), Vitamin B2: 0.18mg (10.65%), Zinc: 1.42mg (9.48%)