



Korean-Inspired Sautéed Tofu



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 ounce ginger fresh peeled
- ☐ 1 teaspoon garlic fresh minced
- ☐ 3 tablespoons green onions diagonally sliced
- ☐ 0.3 teaspoon ground pepper red divided
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons mirin sweet (rice wine)
- ☐ 2 tablespoons rice vinegar
- ☐ 1 teaspoon sesame seed
- ☐ 14 ounce water-packed tofu soft drained

Equipment

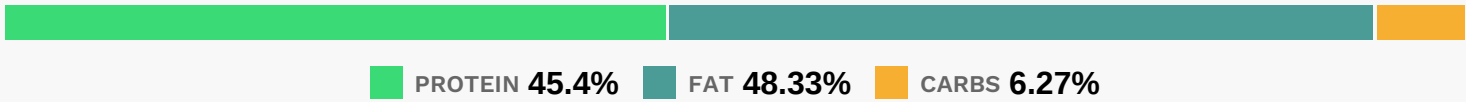
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Combine vinegar, mirin, soy sauce, sesame oil, 1/8 teaspoon salt, and 1/8 teaspoon red pepper in a medium bowl; stir with a whisk.
- ☐ Cut tofu crosswise into 8 (1/2-inch-thick) slices. Arrange tofu on several layers of paper towels. Top with several more layers of paper towels; top with a cast-iron skillet or other heavy pan.
- ☐ Let stand 30 minutes.
- ☐ Remove tofu from paper towels.
- ☐ Cut tofu into (1-inch) cubes.
- ☐ Sprinkle tofu with remaining 1/8 teaspoon red pepper.
- ☐ Heat 1 tablespoon canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu to pan; saut 8 minutes or until crisp, carefully turning to brown on all sides.
- ☐ Remove tofu from pan; keep warm.
- ☐ Heat remaining 1 tablespoon canola oil in pan.
- ☐ Add ginger and green onions to pan; saut 30 seconds.
- ☐ Add garlic to pan; saut 30 seconds or just until golden.
- ☐ Add ginger mixture to vinegar mixture; stir well.

Pour vinegar mixture over tofu; sprinkle evenly with 1/4 teaspoon salt and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:9.2200000286102%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 123.52kcal (6.18%), Fat: 6.19g (9.52%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.18g (0.2%), Cholesterol: 23.81mg (7.94%), Sodium: 387.66mg (16.85%), Alcohol: 0.81g (100%), Alcohol %: 1.09% (100%), Protein: 13.08g (26.15%), Selenium: 45.2µg (64.58%), Vitamin B3: 6.67mg (33.35%), Vitamin B12: 1.7µg (28.33%), Vitamin B6: 0.24mg (11.81%), Phosphorus: 101.39mg (10.14%), Vitamin K: 9.84µg (9.37%), Vitamin E: 1.11mg (7.4%), Iron: 1.28mg (7.14%), Magnesium: 21.46mg (5.37%), Vitamin D: 0.79µg (5.29%), Potassium: 160.33mg (4.58%), Vitamin B2: 0.07mg (3.93%), Zinc: 0.52mg (3.47%), Copper: 0.06mg (3.13%), Manganese: 0.06mg (3.05%), Calcium: 20.56mg (2.06%), Vitamin A: 102.36IU (2.05%), Vitamin B1: 0.03mg (1.84%), Folate: 6.69µg (1.67%), Vitamin C: 1.02mg (1.24%), Vitamin B5: 0.12mg (1.21%), Fiber: 0.26g (1.05%)