



WHATSheATE

Lemongrass Tofu



Vegetarian



Vegan

READY IN



440 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings chili sauce for serving, optional
- ☐ 5 cloves garlic minced
- ☐ 6 servings grapeseed oil
- ☐ 10 kaffir lime leaves minced
- ☐ 0.8 cup soy sauce see Cook's Note
- ☐ 0.8 juice of lemon freshly squeezed
- ☐ 0.3 cup lemongrass fresh minced
- ☐ 6 servings rice and vegetable for serving your favorite

- ☐ 0.8 cup soya sauce
- ☐ 2 pound spicy tofu firm

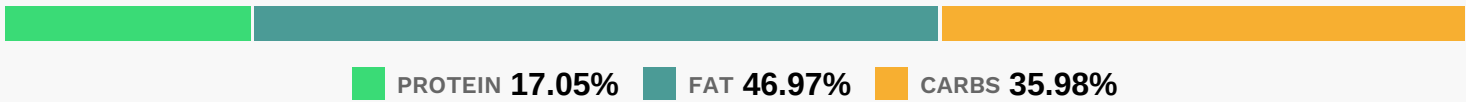
Equipment

- ☐ frying pan

Directions

- ☐ The tofu should be drained of water, and then each block cut into 3 rectangles in the longest direction. Each rectangle can then be cut on the diagonal to form 2 triangles each.
- ☐ Place in a shallow pan.
- ☐ Mix together the lime leaves, kecap manis, soy sauce, garlic, lemon juice and lemongrass.
- ☐ Pour the marinade over the tofu and refrigerate for 6 to 8 hours, or overnight.
- ☐ Remove the tofu from the marinade, reserving the marinade. Pat it dry so it doesn't splatter in the pan. Coat the bottom of a nonstick pan with oil over medium-high heat and saute until the tofu is golden brown on both sides and barely crispy around the edges, 2 to 3 minutes. The sugars in the marinade will affect the rate of browning, so if the tofu seems to be getting dark too fast, it's ok to lower the heat to ensure that it will be hot all the way through.
- ☐ Remove the tofu and add the reserved marinade. Boil to heat through. Adjust the seasoning with chili sauce, if using, and serve over rice and alongside your favorite vegetable.

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:5.661304374104%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 400.31kcal (20.02%), Fat: 20.75g (31.92%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 34.11g (12.41%), Sugar: 23g (25.56%), Cholesterol: 0mg (0%), Sodium: 2215.67mg (96.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.89%), Vitamin E: 4.14mg (27.58%), Calcium: 202.64mg (20.26%), Manganese: 0.34mg (17.18%), Iron: 2.83mg (15.7%), Fiber: 1.64g (6.55%), Vitamin B3: 1.29mg (6.47%), Vitamin B6: 0.1mg (5.13%), Phosphorus: 48.39mg (4.84%), Vitamin C: 3.1mg (3.76%), Magnesium: 14.98mg (3.74%), Potassium: 115.2mg (3.29%), Vitamin B2: 0.06mg (3.24%), Copper: 0.06mg (3.17%), Folate: 8.67µg (2.17%), Vitamin B1: 0.03mg (2%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.14mg (1.4%), Selenium: 0.82µg (1.17%)