



Lo Mein with Tofu

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 cups cabbage shredded
- ☐ 2 tablespoons canola oil divided
- ☐ 2 cups thinly carrot peeled diagonally sliced
- ☐ 1 teaspoon sesame oil dark
- ☐ 1.5 cups bean sprouts fresh
- ☐ 2 large garlic cloves thinly sliced
- ☐ 0.3 cup green onions chopped

- ☐ 8 ounces pasta whole-wheat
- ☐ 1.5 tablespoons less-sodium soy sauce
- ☐ 1.5 tablespoons mirin sweet (rice wine)
- ☐ 0.8 cup onion vertically sliced
- ☐ 3 tablespoons oyster sauce
- ☐ 1 teaspoon rice vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 14 ounce water-packed tofu 1-inch-thick firm drained ()

Equipment

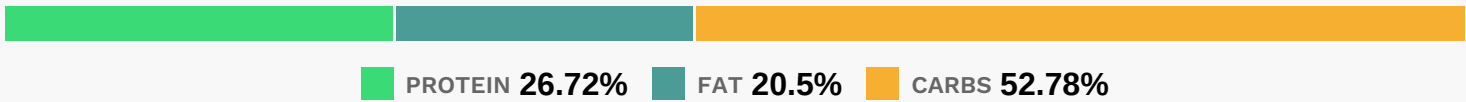
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wok

Directions

- ☐ Place tofu in a single layer on several layers of paper towels. Cover tofu with several more layers of paper towels, and top with a cast-iron skillet or other heavy pan.
- ☐ Let stand for 30 minutes. Discard paper towels.
- ☐ Cook pasta in boiling water until al dente; drain.
- ☐ Combine pasta, sesame oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper; toss. Set aside.
- ☐ Sprinkle remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper evenly over tofu.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add 1 tablespoon canola oil to pan; swirl to coat.
- ☐ Add tofu to pan; cook 4 minutes on each side or until golden.
- ☐ Remove from pan; cut into bite-sized pieces.
- ☐ Combine oyster sauce and next 3 ingredients (through vinegar) in a small bowl, stirring well.
- ☐ Heat a wok or cast-iron skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon canola oil to pan; swirl to coat.

- ☐ Add onion; stir-fry 2 minutes or until lightly browned.
- ☐ Add cabbage, carrot, and garlic; stir-fry 2 minutes or until cabbage wilts. Reduce heat to medium; stir in tofu and vinegar mixture, tossing to coat.
- ☐ Add pasta and bean sprouts; toss. Cook 2 minutes or until thoroughly heated.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:75.96, Glycemic Load:20.43, Inflammation Score:-10, Nutrition Score:30.926956156026%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 451.68kcal (22.58%), Fat: 10.15g (15.62%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 58.82g (19.61%), Net Carbohydrates: 52.82g (19.21%), Sugar: 8.74g (9.71%), Cholesterol: 35.72mg (11.91%), Sodium: 1151.35mg (50.06%), Alcohol: 0.91g (100%), Alcohol %: 0.31% (100%), Protein: 29.78g (59.56%), Vitamin A: 10854.62IU (217.09%), Selenium: 104.63µg (149.47%), Vitamin K: 66.59µg (63.42%), Vitamin B3: 12.16mg (60.78%), Manganese: 0.88mg (44.17%), Vitamin B12: 2.61µg (43.42%), Phosphorus: 322.48mg (32.25%), Vitamin B6: 0.63mg (31.73%), Vitamin C: 25.61mg (31.04%), Fiber: 6g (24.01%), Magnesium: 82.82mg (20.7%), Potassium: 722.11mg (20.63%), Folate: 79.61µg (19.9%), Iron: 3.41mg (18.96%), Copper: 0.36mg (17.88%), Vitamin B2: 0.26mg (15.35%), Vitamin E: 2.21mg (14.73%), Vitamin B1: 0.2mg (13.42%), Zinc: 1.99mg (13.24%), Calcium: 91.28mg (9.13%), Vitamin B5: 0.86mg (8.62%), Vitamin D: 1.19µg (7.94%)