



Make-Ahead Spicy Green Bean Salad with Sesame-Lime Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



265 kcal

SIDE DISH

Ingredients

- 14 ounce tofu
- 2 servings kosher salt
- 2 tablespoons juice of lime
- 3 ounces pea shoots
- 0.5 teaspoon pepper red
- 1 tablespoon sesame seed toasted
- 1 tablespoon soya sauce

- 8 ounces turtle beans green ends trimmed
- 1 zucchini halved cut into thin strips

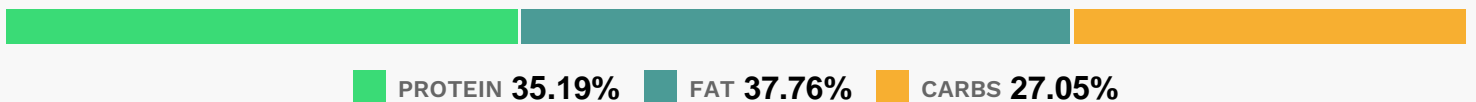
Equipment

- baking sheet
- paper towels
- whisk
- pot
- sieve
- aluminum foil
- broiler

Directions

- Place block of tofu on paper towels; weigh down with plate and large heavy cans to squeeze out excess liquid for 10 to 15 minutes. Meanwhile, preheat broiler to high heat. Bring pot of salted water to boil; blanch beans and zucchini until tender-crisp and bright green, about 30 seconds, then transfer to a strainer and rinse under cold water until chilled. Dry carefully.
- Cut tofu into 1 ½-inch cubes and toss with 1 tablespoon lime juice.
- Transfer to foil-lined greased baking sheet and sprinkle with salt and sesame seeds. Broil until browned, 5 to 7 minutes, then flip and continue until browned on other side.
- Whisk together remaining lime juice, soy sauce and pepper flakes. Toss pea shoots, zucchini, peas, and tofu together. Dress with sauce and serve immediately, or reserve separately and pack for lunch the next day.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.51, Inflammation Score:-8, Nutrition Score:15.251738983652%

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 Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 265.31kcal (13.27%), Fat: 11.6g (17.85%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 13.57g (4.93%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 736.56mg (32.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.67%), Vitamin C: 75.2mg (91.15%), Folate: 144.06µg (36.01%), Calcium: 359.44mg (35.94%), Iron: 4.89mg (27.16%), Fiber: 5.9g (23.59%), Magnesium: 67.85mg (16.96%), Manganese: 0.33mg (16.42%), Potassium: 557.92mg (15.94%), Copper: 0.32mg (15.8%), Phosphorus: 120.79mg (12.08%), Vitamin B6: 0.23mg (11.28%), Vitamin A: 525.18IU (10.5%), Zinc: 1.15mg (7.67%), Vitamin B2: 0.12mg (7.21%), Vitamin B1: 0.09mg (5.74%), Vitamin B3: 1.06mg (5.29%), Vitamin K: 4.83µg (4.6%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.76µg (2.52%), Vitamin E: 0.35mg (2.34%)