



Marinated Tofu with Sticky Rice and Asparagus

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus (24)
- ☐ 2 teaspoons brown sugar
- ☐ 3 cups sticky rice hot cooked
- ☐ 3 garlic clove minced
- ☐ 0.5 cup hoisin sauce
- ☐ 3 tablespoons soy sauce low-sodium
- ☐ 0.3 cup rice wine (rice wine)

- ☐ 32 ounce tofu firm drained
- ☐ 3 tablespoons tomato paste
- ☐ 1 tablespoon vegetable oil divided
- ☐ 2 tablespoons water

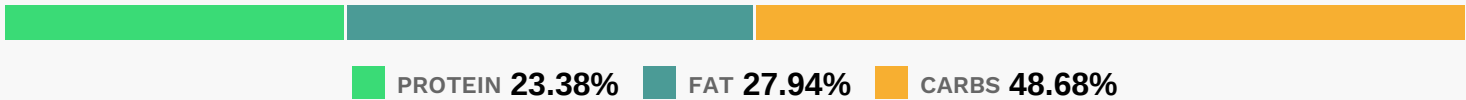
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cut each block of tofu crosswise into 6 slices. Arrange tofu slices in a single layer in a large nonstick skillet; cook over medium-high heat 5 minutes on each side or until lightly browned. Arrange tofu slices in a single layer in a shallow dish.
- ☐ Combine hoisin sauce and next 6 ingredients (hoisin sauce through garlic), and stir with a whisk. Reserve 1/2 cup hoisin mixture, and pour remaining hoisin mixture over tofu, turning tofu to coat.
- ☐ Let stand 30 minutes.
- ☐ Heat 1 1/2 teaspoons oil over medium-high heat in skillet; add half of tofu and marinade. Cook 2 minutes on each side or until browned. Repeat procedure with 1 1/2 teaspoons oil and remaining tofu.
- ☐ Snap off tough ends of asparagus. Steam asparagus, covered, 5 minutes.
- ☐ Place 6 asparagus spears and 3/4 cup rice on each of 4 plates; arrange 3 tofu slices and 2 tablespoons reserved hoisin mixture on each plate.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.17, Inflammation Score:-8, Nutrition Score:17.266521598982%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 499.89kcal (24.99%), Fat: 15.03g (23.13%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 58.94g (19.65%), Net Carbohydrates: 51.86g (18.86%), Sugar: 15.75g (17.5%), Cholesterol: 1.03mg (0.34%), Sodium: 1103.26mg (47.97%), Alcohol: 3.22g (100%), Alcohol %: 0.72% (100%), Protein: 28.3g (56.61%), Vitamin K: 55µg (52.39%), Manganese: 0.73mg (36.72%), Iron: 6.27mg (34.84%), Calcium: 339.2mg (33.92%), Fiber: 7.09g (28.35%), Vitamin A: 1042.55IU (20.85%), Copper: 0.38mg (19.13%), Folate: 74.99µg (18.75%), Vitamin B2: 0.3mg (17.71%), Selenium: 11.85µg (16.93%), Vitamin E: 2.28mg (15.17%), Vitamin B1: 0.21mg (13.74%), Potassium: 463.62mg (13.25%), Vitamin B3: 2.41mg (12.07%), Vitamin C: 9.82mg (11.9%), Phosphorus: 117.07mg (11.71%), Vitamin B6: 0.23mg (11.61%), Magnesium: 45.99mg (11.5%), Zinc: 1.46mg (9.73%), Vitamin B5: 0.69mg (6.86%)