



## Mashed Tofu Salad (Shira-ae)



Vegetarian



Vegan



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



234 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 servings kosher salt
- ☐ 1 teaspoon mirin sweet rice wine
- ☐ 1 tablespoon sesame seed
- ☐ 1 teaspoon soya sauce
- ☐ 8 cups spinach leaves
- ☐ 1.5 teaspoons sugar
- ☐ 14 ounce spicy tofu firm

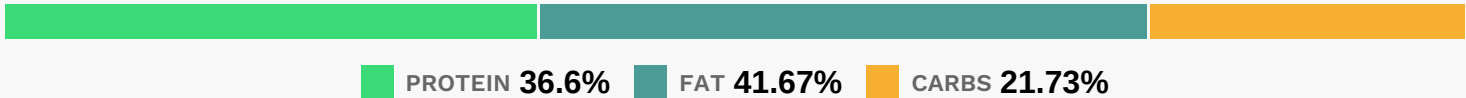
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

## Directions

- ☐ Drain the tofu and wrap in paper towels to absorb excess water. Puree in a food processor until smooth, then transfer to a bowl and set aside.
- ☐ Bring a large pot of salted water to a boil. Fill a bowl with ice water. Cook the spinach in the boiling water until wilted, about 2 minutes, then drain and plunge it into the ice water.
- ☐ Drain and squeeze out the excess water.
- ☐ Toast the sesame seeds in a skillet over medium-low heat, tossing, until golden, about 3 minutes. Cool, then grind in a spice grinder. Stir the ground seeds, sugar, mirin, soy sauce and spinach into the tofu. Season with salt.
- ☐ Photograph by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:83.55, Glycemic Load:3.27, Inflammation Score:-10, Nutrition Score:25.919999938944%

## Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

## Nutrients (% of daily need)

Calories: 233.92kcal (11.7%), Fat: 11.2g (17.23%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 13.14g (4.38%), Net Carbohydrates: 8.41g (3.06%), Sugar: 4.16g (4.62%), Cholesterol: 0mg (0%), Sodium: 464.63mg (20.2%), Alcohol: 0.4g (100%), Alcohol %: 0.15% (100%), Protein: 22.13g (44.26%), Vitamin K: 579.6µg (552%), Vitamin A: 11252.76IU (225.06%), Manganese: 1.19mg (59.52%), Folate: 237.22µg (59.31%), Vitamin C: 33.72mg (40.87%), Calcium: 406.73mg (40.67%), Iron: 6.29mg (34.96%), Magnesium: 110.19mg (27.55%), Potassium: 695.41mg (19.87%), Fiber:

4.72g (18.89%), Vitamin E: 2.45mg (16.31%), Copper: 0.32mg (16.2%), Vitamin B2: 0.24mg (14.22%), Vitamin B6: 0.27mg (13.58%), Phosphorus: 88.01mg (8.8%), Vitamin B1: 0.13mg (8.47%), Zinc: 0.96mg (6.4%), Vitamin B3: 1.17mg (5.84%), Selenium: 2.65µg (3.79%)