



Miso-Glazed Tofu



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 4 baby bok choy halved
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 14 ounce block extra-firm tofu
- ☐ 0.5 teaspoon ginger grated
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 1 tablespoon miso paste

- ☐ 1 tablespoon rice-wine vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed

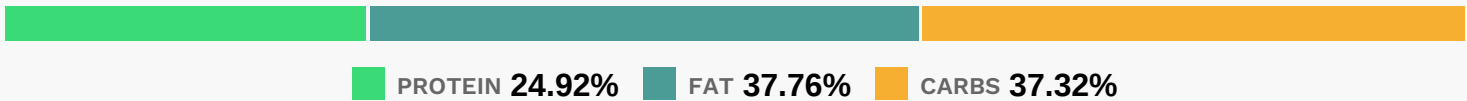
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ In bowl, whisk together miso paste, 1 tablespoon rice-wine vinegar, honey, and 1 tablespoon low-sodium soy sauce until smooth. Slice tofu into 4 pieces. Dry with paper towels.
- ☐ Add to marinade; toss. Cover; refrigerate 30 minutes, turning once. Discard marinade; transfer tofu to baking dish.
- ☐ Bake until browned (30-35 minutes). Steam halved baby bok choy in saucepan of shallow simmering water, covered, until tender. In bowl, combine ginger, 1 teaspoon low-sodium soy sauce, 1 tablespoon rice-wine vinegar, sesame oil, and crushed red pepper. Slice tofu; serve with bok choy.
- ☐ Drizzle with vinaigrette and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:12.073043497846%

Nutrients (% of daily need)

Calories: 156.09kcal (7.8%), Fat: 6.66g (10.25%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 13.04g (4.74%), Sugar: 11.04g (12.27%), Cholesterol: 0mg (0%), Sodium: 485.26mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Vitamin A: 5050.91IU (101.02%), Vitamin C: 50.92mg (61.72%), Calcium: 179.67mg (17.97%), Copper: 0.31mg (15.29%), Iron: 2.52mg (14%), Phosphorus: 128.13mg (12.81%), Magnesium: 39.92mg (9.98%), Fiber: 1.78g (7.12%), Vitamin B1: 0.1mg (6.71%), Zinc: 0.93mg (6.18%), Manganese: 0.12mg (6.01%), Potassium: 197.37mg (5.64%), Vitamin B2: 0.07mg (3.87%), Vitamin B6: 0.05mg (2.39%), Vitamin B3: 0.44mg (2.22%), Vitamin K: 1.79µg (1.7%), Selenium: 1.13µg (1.61%), Folate: 5.31µg (1.33%)