



Miso-Marinated Tofu and Eggplant Over Soba Noodles



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces soba noodles hot cooked
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.5 pound eggplant cut into 1/2-inch cubes (2 cups)
- ☐ 7 ounces tofu halved cut into 1/2-inch-thick slices, then
- ☐ 3 teaspoons garlic divided finely chopped
- ☐ 6 tablespoons juice of lime fresh divided
- ☐ 3 tablespoons miso

- ☐ 4 cups napa cabbage chinese cored sliced ()
- ☐ 4 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 4 spring onion halved lengthwise cut into 2-inch-long matchsticks

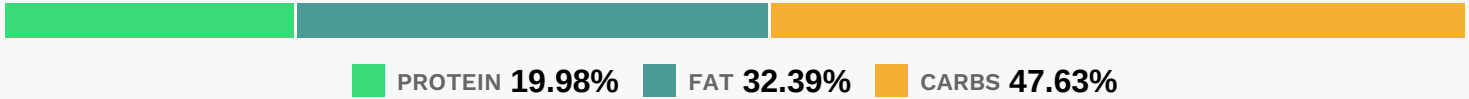
Equipment

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

Directions

- ☐ Dry tofu between paper towels 20 minutes. Toss tofu and eggplant in separate bowls with 1 1/2 tablespoons miso and 1 teaspoon garlic each.
- ☐ Heat wok or large skillet over medium-high heat; add 2 teaspoons peanut oil. Cook the tofu, stirring, 3 minutes or until golden.
- ☐ Transfer to plate, and add 1 1/2 tablespoons lime juice; cover.
- ☐ Add remaining 2 teaspoons peanut oil to wok, and cook eggplant 2 minutes or until golden.
- ☐ Add 1 1/2 tablespoons lime juice; cover and cook 2 minutes or until tender.
- ☐ Transfer to plate; cover.
- ☐ Add cabbage, 1/4 cup water, and remaining 1 teaspoon garlic to wok; cook 4 minutes, stirring occasionally. Cover; cook 2 minutes.
- ☐ Transfer to bowl; keep warm.
- ☐ Add 1/4 cup water, soba, and remaining 3 tablespoons lime juice to wok; stir 1 minute or until hot.
- ☐ Remove wok from heat, and toss mixture with sesame oil and scallions. Divide soba and cabbage among 4 bowls. Top with tofu and eggplant.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:3.04, Inflammation Score:-6, Nutrition Score:12.903913028214%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 201.98kcal (10.1%), Fat: 7.81g (12.01%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 21.7g (7.89%), Sugar: 4.69g (5.22%), Cholesterol: 0mg (0%), Sodium: 522.31mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Vitamin K: 63.43µg (60.41%), Vitamin C: 31.48mg (38.15%), Manganese: 0.66mg (32.92%), Folate: 88.9µg (22.23%), Fiber: 4.15g (16.59%), Vitamin B6: 0.32mg (15.79%), Calcium: 151.04mg (15.1%), Potassium: 425.81mg (12.17%), Iron: 1.79mg (9.93%), Vitamin B1: 0.14mg (9%), Magnesium: 33.8mg (8.45%), Phosphorus: 81.13mg (8.11%), Vitamin A: 396.91IU (7.94%), Copper: 0.15mg (7.71%), Vitamin B2: 0.12mg (6.99%), Vitamin E: 1.01mg (6.77%), Vitamin B3: 1.19mg (5.94%), Zinc: 0.75mg (5.01%), Vitamin B5: 0.47mg (4.65%), Selenium: 1.93µg (2.76%)