



 **93%**
HEALTH SCORE

Napa Cabbage-and-Tofu Salad with Orange-Ginger Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 cups broccoli florets
- 1.5 teaspoons sesame oil dark
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon ginger fresh minced peeled
- 2 inch ginger fresh peeled
- 0.3 cup green onions thinly sliced

- 1 teaspoon soya sauce low-sodium
- 4 cups napa cabbage chinese thinly sliced ()
- 3 tablespoons orange juice fresh
- 2 teaspoons orange rind grated
- 2 teaspoons rice vinegar
- 0.3 teaspoon salt
- 2 teaspoons sesame seed toasted
- 10 snow peas trimmed cut lengthwise into thin strips
- 12.3 ounce spicy tofu firm drained cut into 1/2-inch cubes reduced-fat
- 4 cups water
- 1 tablespoon slightly white wine sweet (rice wine) (such as Riesling)

Equipment

- bowl
- paper towels
- sauce pan
- whisk

Directions

- To prepare the vinaigrette, combine the first 9 ingredients in a small bowl; stir well with a whisk, and set aside.
- To prepare the salad, bring the water and ginger slice to a simmer in a large saucepan; add broccoli florets. Cook 1 minute.
- Add the cabbage, green onions, and snow peas; cook 30 seconds.
- Drain and rinse with cold water; drain well.
- Place the cabbage mixture on several layers of paper towels, and cover with additional paper towels.
- Let stand 5 minutes, pressing down occasionally.
- Combine broccoli mixture, tofu, sesame seeds, salt, and pepper in a large bowl.

Add vinaigrette, tossing to coat.

Nutrition Facts

PROTEIN 29.88% **FAT 39.46%** **CARBS 30.66%**

Properties

Glycemic Index:178.5, Glycemic Load:4.43, Inflammation Score:-9, Nutrition Score:24.335652081863%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 7.46mg, Kaempferol: 7.46mg, Kaempferol: 7.46mg, Kaempferol: 7.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 274.76kcal (13.74%), Fat: 12.47g (19.19%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 15.02g (5.46%), Sugar: 7.08g (7.86%), Cholesterol: 0mg (0%), Sodium: 459.42mg (19.97%), Alcohol: 0.77g (100%), Alcohol %: 0.1% (100%), Protein: 21.25g (42.49%), Vitamin K: 186.65µg (177.77%), Vitamin C: 143.49mg (173.92%), Folate: 199.92µg (49.98%), Calcium: 433.04mg (43.3%), Manganese: 0.64mg (31.94%), Vitamin B6: 0.58mg (28.93%), Fiber: 6.79g (27.14%), Vitamin A: 1303.71IU (26.07%), Potassium: 810.27mg (23.15%), Iron: 4.01mg (22.27%), Magnesium: 64.02mg (16%), Copper: 0.31mg (15.4%), Phosphorus: 137.66mg (13.77%), Vitamin B2: 0.22mg (13.03%), Vitamin B1: 0.18mg (12.32%), Vitamin B5: 0.82mg (8.19%), Vitamin B3: 1.6mg (7.99%), Vitamin E: 1.08mg (7.21%), Zinc: 1.07mg (7.11%), Selenium: 4.15µg (5.92%)