



Orange-Ginger Tofu Triangles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 4 teaspoons sesame oil dark
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 tablespoon ginger root fresh minced
- 3 cloves garlic minced
- 1 green onions cut into 1-inch strips
- 1 cup orange juice fresh
- 0.3 teaspoon pepper flakes red

- 0.3 cup rice vinegar
- 0.3 cup soya sauce
- 1 pound spicy tofu firm

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- plastic wrap
- baking pan
- cutting board

Directions

- Turn the tofu on its side, and cut it into 4 thin slices.
- Lay the tofu flat again, and cut the block diagonally to make 8 triangles. Without separating the pieces, place tofu on a cutting board. Cover, with a paper towel, and place a heavy skillet on top. Set aside for 30 minutes, allowing time for excess water to drain from the tofu.
- In a medium bowl, whisk together the orange juice, vinegar, soy sauce, oils, garlic, ginger, and red pepper flakes. Separate the pressed tofu pieces, and arrange in a baking dish in a single layer. Cover with the marinade, and sprinkle with the green onion and cilantro.
- Cut the stems off the chiles, remove the seeds, and place the chiles in the baking dish. Cover with plastic wrap, and refrigerate for at least 30 minutes, and up to overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Pour off some of the marinade, so the tofu is covered halfway.
- Bake for 40 to 45 minutes, without turning, until the tofu is golden and most of the marinade has been absorbed.

Nutrition Facts



■ PROTEIN 14.74% ■ FAT 72.03% ■ CARBS 13.23%

Properties

Glycemic Index:60.25, Glycemic Load:3.98, Inflammation Score:-4, Nutrition Score:7.7621740206428%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 344.29kcal (17.21%), Fat: 27.85g (42.85%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 10.1g (3.67%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 1089.03mg (47.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.65%), Vitamin C: 32.62mg (39.54%), Vitamin E: 3.44mg (22.95%), Vitamin K: 23.4µg (22.28%), Calcium: 160.99mg (16.1%), Iron: 2.08mg (11.57%), Manganese: 0.17mg (8.34%), Folate: 24.92µg (6.23%), Fiber: 1.42g (5.67%), Potassium: 197.52mg (5.64%), Vitamin B3: 1.08mg (5.41%), Vitamin A: 258.65IU (5.17%), Vitamin B6: 0.1mg (5.01%), Vitamin B1: 0.07mg (4.99%), Magnesium: 17.07mg (4.27%), Phosphorus: 42.31mg (4.23%), Copper: 0.07mg (3.55%), Vitamin B2: 0.06mg (3.31%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.17mg (1.13%)