



HEALTH SCORE

69%

Orange-Glazed Tofu Triangles with Sesame Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots grated
- ☐ 0.5 teaspoon sriracha divided (such as Lee Kum Kee)
- ☐ 1 cup rice long-grain hot cooked
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 teaspoon ginger fresh grated peeled
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 teaspoon honey

- ☐ 1 tablespoon soya sauce low-sodium divided
- ☐ 2 tablespoons orange juice
- ☐ 0.5 cup peas green frozen thawed
- ☐ 1.5 teaspoons rice vinegar
- ☐ 0.3 teaspoon salt divided
- ☐ 1 tablespoon sesame seed toasted
- ☐ 12.3 ounce water-packed extrafirm tofu light

Equipment

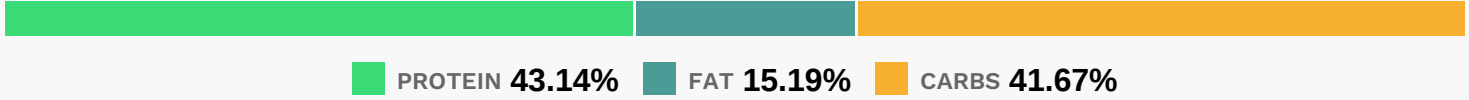
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Cut tofu in half crosswise; reserve one tofu half for another use.
- ☐ Cut tofu half lengthwise into 3 (3/4-inch-thick) slices; cut each slice in half diagonally. Arrange tofu pieces in a single layer on several layers of heavy-duty paper towels. Cover tofu with additional paper towels; place a cutting board on top of tofu, and let stand 15 minutes.
- ☐ Combine orange juice, 1 1/2 teaspoons soy sauce, rice vinegar, honey, 1/4 teaspoon chili garlic sauce, and ginger in a shallow dish, stirring with a whisk.
- ☐ Remove cutting board and paper towels from tofu; sprinkle 1/8 teaspoon salt over tofu.
- ☐ Add the tofu slices to the orange juice mixture in dish, turning to coat. Cover and marinate at room temperature 30 minutes, turning tofu slices after 15 minutes.
- ☐ Heat a grill pan over medium heat. Coat pan with cooking spray.
- ☐ Drain tofu; discard marinade.
- ☐ Add tofu to pan; cook 3 minutes or until lightly browned. Turn tofu over; cook 2 minutes. Set aside; keep warm.
- ☐ Heat oil in a medium nonstick skillet over medium heat.

- ☐ Add peas, carrot, and onions; cook 2 minutes. Stir in the remaining 1 1/2 teaspoons soy sauce, remaining 1/4 teaspoon chili garlic sauce, and remaining 1/8 teaspoon salt.
- ☐ Add cooked rice; cook 2 minutes or until thoroughly heated. Stir in sesame seeds.
- ☐ Place 1 cup rice mixture on each of 2 plates, and arrange 3 tofu pieces on top of rice.

Nutrition Facts



Properties

Glycemic Index:218.22, Glycemic Load:29.09, Inflammation Score:-10, Nutrition Score:33.146087148915%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 371.87kcal (18.59%), Fat: 6.15g (9.47%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 33.74g (12.27%), Sugar: 8.48g (9.42%), Cholesterol: 62.77mg (20.92%), Sodium: 1049.46mg (45.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.31g (78.62%), Selenium: 126.38µg (180.54%), Vitamin A: 5881.6IU (117.63%), Vitamin B3: 19.1mg (95.48%), Vitamin B12: 4.48µg (74.68%), Vitamin B6: 0.8mg (39.84%), Manganese: 0.76mg (38.06%), Vitamin K: 39.73µg (37.84%), Phosphorus: 369.51mg (36.95%), Vitamin C: 27.27mg (33.05%), Iron: 4.63mg (25.71%), Magnesium: 89.54mg (22.38%), Copper: 0.4mg (20.19%), Potassium: 643.73mg (18.39%), Fiber: 4.23g (16.91%), Zinc: 2.5mg (16.69%), Vitamin B1: 0.24mg (16.18%), Vitamin B2: 0.27mg (15.6%), Folate: 59.58µg (14.9%), Vitamin D: 2.09µg (13.95%), Calcium: 111.83mg (11.18%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 1.01mg (6.75%)