



Pan-Crisped Tofu with Greens and Peanut Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

Ingredients

- 5 tablespoons canola oil divided
- 0.5 cup dry-roasted peanuts divided chopped
- 1 tablespoon ginger fresh finely grated peeled
- 0.3 cup mirin sweet (rice wine)
- 0.3 cup rice vinegar
- 8 cups gourmet salad greens
- 28 ounce water-packed tofu firm drained
- 0.3 cup miso white (soybean paste)

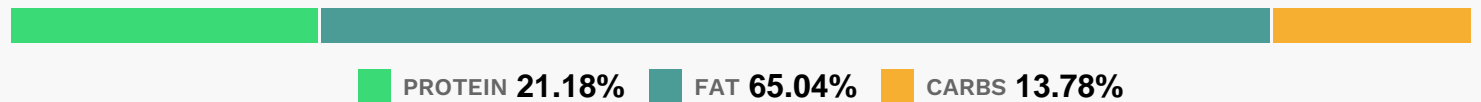
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Combine first 4 ingredients, 1/4 cup peanuts, and 3 tablespoons oil in a small bowl; stir with a whisk.
- Cut each tofu block crosswise into 8 (1/2-inch-thick) slices. Arrange tofu on several layers of paper towels. Top with several more layers of paper towels; top with a cast-iron skillet or other heavy pan.
- Let stand 30 minutes.
- Remove tofu from paper towels.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add 8 tofu slices to pan; saut 4 minutes on each side or until crisp and golden.
- Remove from pan, and drain tofu on paper towels. Repeat procedure with remaining 1 tablespoon oil and remaining 8 tofu slices.
- Place 1 cup greens on each of 8 plates. Top each serving with 2 tofu slices, 3 tablespoons miso mixture, and 1 1/2 teaspoons chopped peanuts.
- Garnish each serving with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:6.6743478425171%

Nutrients (% of daily need)

Calories: 258.63kcal (12.93%), Fat: 18.31g (28.18%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.49g (2.36%), Sugar: 1.03g (1.14%), Cholesterol: 0mg (0%), Sodium: 481.8mg (20.95%), Alcohol: 1.61g (100%), Alcohol %: 1.07% (100%), Protein: 13.42g (26.84%), Manganese: 0.38mg (19%), Calcium: 146.16mg (14.62%), Vitamin C: 9.32mg (11.3%), Iron: 1.95mg (10.86%), Vitamin E: 1.53mg (10.23%), Vitamin A: 464.37IU (9.29%), Vitamin K: 9.6µg (9.14%), Fiber: 2.24g (8.97%), Vitamin B3: 1.69mg (8.47%), Folate: 28.57µg (7.14%), Phosphorus: 70.46mg (7.05%), Copper: 0.13mg (6.6%), Magnesium: 26.31mg (6.58%), Potassium: 170.02mg (4.86%), Vitamin B6: 0.08mg (3.98%), Zinc: 0.57mg (3.77%), Vitamin B1: 0.05mg (3.49%), Vitamin B2: 0.05mg (3.22%), Selenium: 1.85µg (2.64%), Vitamin B5: 0.22mg (2.15%)