



HEALTH SCORE

66%

Pan-Fried Tofu with Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



17 min.

SERVINGS



6

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 cups baby spinach fresh



0.5 teaspoon pepper black



1 tablespoon cashew pieces chopped



1 teaspoon chili oil



0.5 teaspoon curry powder



14 ounce extra-firm tofu drained



2 garlic cloves minced



0.5 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons olive oil divided
- ☐ 6 servings coconut rice
- ☐ 0.5 teaspoon salt

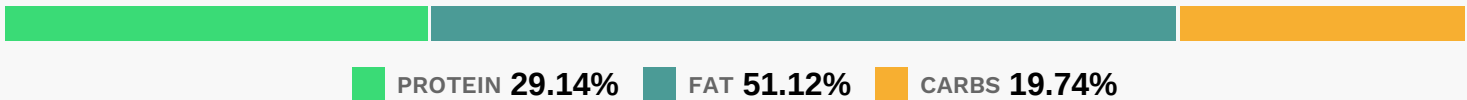
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ Wrap tofu blocks in several layers of heavy-duty paper towels. Press with a heavy object for about 30 minutes to remove excess water.
- ☐ Remove paper towels, pat tofu dry, and cut into 1-inch cubes; set aside.
- ☐ Combine cumin and next 5 ingredients in a large zip-top plastic bag; add tofu. Seal bag; shake to coat.
- ☐ Heat 1 teaspoon olive oil and chili oil in a nonstick skillet over medium-high heat.
- ☐ Add tofu; saut 8 minutes or until golden.
- ☐ Remove tofu from pan; cover and keep warm.
- ☐ Heat 1 teaspoon olive oil in pan; add spinach and garlic. Cook, stirring constantly, 4 minutes or just until spinach wilts.
- ☐ Add tofu; cook, stirring until thoroughly heated.
- ☐ Sprinkle with cashews; serve with Coconut Rice.

Nutrition Facts



Properties

Glycemic Index:36.73, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:13.859565055889%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 99.38kcal (4.97%), Fat: 5.9g (9.07%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.45g (1.25%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 229.07mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.13%), Vitamin K: 195.44µg (186.13%), Vitamin A: 3756.51IU (75.13%), Manganese: 0.51mg (25.44%), Folate: 78.51µg (19.63%), Vitamin C: 11.66mg (14.13%), Calcium: 129.51mg (12.95%), Iron: 2.25mg (12.49%), Magnesium: 38.87mg (9.72%), Vitamin E: 1.16mg (7.74%), Potassium: 251.13mg (7.18%), Fiber: 1.67g (6.69%), Vitamin B6: 0.1mg (5.18%), Copper: 0.1mg (5.03%), Vitamin B2: 0.08mg (4.7%), Phosphorus: 34.31mg (3.43%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.36mg (2.37%), Vitamin B3: 0.37mg (1.83%), Selenium: 1.17µg (1.67%)