



Pan-Fried Tofu with Spicy Lemongrass Sauce (Tofu Nuong Xa)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic clove minced
- ☐ 2 tablespoons lemon grass fresh peeled chopped
- ☐ 0.5 cup shallots finely chopped
- ☐ 1.5 tablespoons sugar
- ☐ 1 thai chile red minced
- ☐ 2 tablespoons thai fish sauce (such as Three Crabs)
- ☐ 2 teaspoons vegetable oil

☐ 30 ounce water-packed tuna

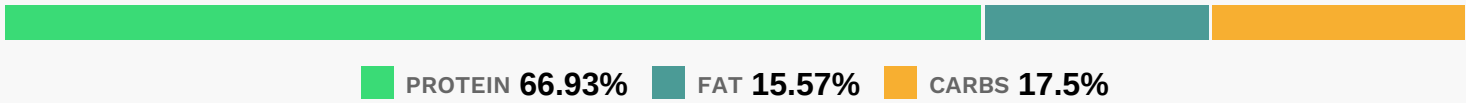
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cut each tofu block crosswise into 8 slices. Arrange tofu in a single layer on several layers of heavy-duty paper towels. Cover tofu with additional paper towels; let stand 15 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add tofu; cook 2 minutes on each side or until browned. Set aside and keep warm.
- ☐ Combine sugar and fish sauce, stirring with a whisk until blended.
- ☐ Heat oil in a small saucepan over medium-high heat.
- ☐ Add shallots and garlic; saut 3 minutes or until lightly browned.
- ☐ Add lemongrass and chile; saut 2 minutes. Stir in sugar mixture, and cook 1 minute.
- ☐ Serve lemongrass spread with tofu.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:4.42, Inflammation Score:-6, Nutrition Score:22.893043632093%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 256.91kcal (12.85%), Fat: 4.31g (6.63%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.93g (3.61%), Sugar: 7.19g (7.99%), Cholesterol: 76.54mg (25.51%), Sodium: 1176.06mg (51.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.7g (83.4%), Selenium: 145.49µg (207.84%), Vitamin B3: 21.4mg (106.99%), Vitamin B12: 5.51µg (91.79%), Vitamin B6: 0.83mg (41.57%), Phosphorus: 313.68mg (31.37%), Iron: 4.2mg (23.36%), Magnesium: 72.74mg (18.18%), Vitamin D: 2.55µg (17.01%), Potassium: 522.63mg (14.93%), Manganese: 0.29mg (14.64%), Vitamin B2: 0.19mg (11.24%), Zinc: 1.61mg (10.71%), Copper: 0.14mg (7.15%), Folate: 25.22µg (6.3%), Vitamin E: 0.9mg (6.02%), Vitamin B1: 0.09mg (5.76%), Calcium: 56.25mg (5.62%), Vitamin C: 4.53mg (5.49%), Vitamin K: 4.92µg (4.69%), Vitamin B5: 0.42mg (4.17%), Fiber: 0.97g (3.89%), Vitamin A: 132.52IU (2.65%)