



Pan-Seared Asian Tofu with Cabbage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons canola oil divided
- ☐ 16 ounce cabbage-and-carrot coleslaw
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup diagonally cut green onions
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon hot sauce

- ☐ 2 tablespoons brown sugar light
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted
- ☐ 14 ounce spicy tofu drained reduced-fat

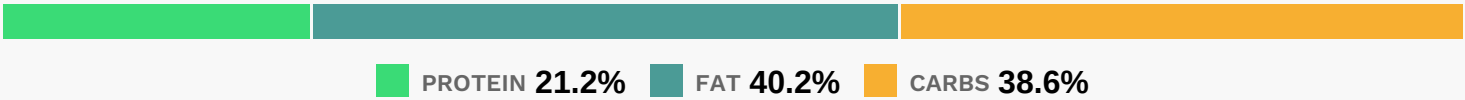
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ cutting board

Directions

- ☐ Cut tofu crosswise into 8 (1/2-inchthick) slices.
- ☐ Place tofu slices on several layers of heavy-duty paper towels. Cover tofu with additional paper towels.
- ☐ Place a cutting board on top of tofu.
- ☐ Let stand 10 minutes.
- ☐ While tofu stands, combine brown sugar and next 6 ingredients in a small bowl.
- ☐ Heat 3 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; cook 3 to 4 minutes on each side or until browned.
- ☐ Remove from pan, and place tofu in a shallow dish; top with half of brown sugar sauce. Cover and keep warm.
- ☐ Reduce heat to medium.
- ☐ Add remaining 1 teaspoon oil, red pepper, and green onions to pan; saut 1 minute.
- ☐ Add coleslaw to pan, and saut 6 minutes or just until soft.
- ☐ Divide slaw mixture among plates. Top with tofu, and drizzle evenly with remaining sauce.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:4.01, Inflammation Score:-10, Nutrition Score:13.313043423321%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 210.09kcal (10.5%), Fat: 9.72g (14.95%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 16.42g (5.97%), Sugar: 11.74g (13.04%), Cholesterol: 0mg (0%), Sodium: 678.3mg (29.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.05%), Vitamin A: 19112.21IU (382.24%), Vitamin K: 34µg (32.39%), Calcium: 195.6mg (19.56%), Manganese: 0.37mg (18.36%), Fiber: 4.57g (18.27%), Potassium: 452.52mg (12.93%), Iron: 2.22mg (12.32%), Vitamin E: 1.61mg (10.74%), Vitamin C: 8.51mg (10.32%), Vitamin B6: 0.21mg (10.29%), Folate: 33.59µg (8.4%), Magnesium: 31.78mg (7.94%), Phosphorus: 76.46mg (7.65%), Copper: 0.15mg (7.6%), Vitamin B3: 1.43mg (7.16%), Vitamin B1: 0.1mg (6.71%), Vitamin B2: 0.11mg (6.37%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.37mg (3.71%), Selenium: 1.17µg (1.67%)