



Panfried Tofu with Oriental Garlic Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large garlic clove minced
- 2 teaspoons sugar
- 0.1 teaspoon salt
- 1 pound extra tofu firm rinsed
- 2 tablespoons soya sauce
- 1 teaspoon sesame oil
- 1 cup water
- 4 teaspoons cornstarch

- 1 tablespoon scotch whiskey
- 1 inch ginger fresh minced peeled
- 2.5 tablespoons vegetable oil
- 1 tablespoon apple cider vinegar
- 1 spring onion minced

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- tongs

Directions

- Cut the tofu crosswise into 4 slices and let the slices drain between a double thickness of paper towels for 20 minutes.
- While the tofu is draining, in a small bowl dissolve the cornstarch in 1/4 cup of the water and stir in the remaining 3/4 cup water, the soy sauce to taste, the vinegar, the Scotch, the sugar, and the salt. In a heavy saucepan heat 1 1/2 tablespoons of the vegetable oil over moderately high heat until it is hot but not smoking and in it stir-fry the garlic until it is pale golden, being careful not to let it burn.
- Add the gingerroot and stir-fry the mixture for 30 seconds. Stir the soy sauce mixture, add it to the garlic mixture, stirring, and bring the sauce to a boil, stirring. Simmer the sauce for 2 minutes, stir in the sesame oil, and keep the sauce warm.
- In a non-stick skillet heat the remaining 1 tablespoon vegetable oil over high heat until it is hot but not smoking and in it brown the tofu on all sides, turning it with tongs and transferring it as it is browned to paper towels to drain. Divide the tofu between 2 plates and spoon the sauce over it.
- Sprinkle the scallion over each serving and serve the tofu with the rice.

Nutrition Facts



■ PROTEIN 21.85% ■ FAT 60.11% ■ CARBS 18.04%

Properties

Glycemic Index:108.55, Glycemic Load:3.54, Inflammation Score:-4, Nutrition Score:9.9486956078073%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 365.89kcal (18.29%), Fat: 23.4g (36%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 15.08g (5.48%), Sugar: 6.83g (7.58%), Cholesterol: 0mg (0%), Sodium: 1302.57mg (56.63%), Alcohol: 2.7g (100%), Alcohol %: 0.82% (100%), Protein: 19.14g (38.29%), Vitamin K: 44.03µg (41.94%), Copper: 0.53mg (26.36%), Phosphorus: 261.84mg (26.18%), Iron: 3.36mg (18.64%), Magnesium: 73.95mg (18.49%), Vitamin B1: 0.2mg (13.57%), Potassium: 442.34mg (12.64%), Zinc: 1.55mg (10.3%), Manganese: 0.2mg (10.23%), Vitamin E: 1.46mg (9.76%), Calcium: 91.22mg (9.12%), Vitamin B2: 0.12mg (6.84%), Vitamin B3: 1.34mg (6.69%), Vitamin B6: 0.13mg (6.3%), Vitamin C: 2.71mg (3.28%), Fiber: 0.73g (2.91%), Folate: 7.6µg (1.9%), Selenium: 0.99µg (1.41%), Vitamin A: 60.22IU (1.2%), Vitamin B5: 0.11mg (1.06%)