



Pea, Carrot and Tofu Salad



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 oz beer firm drained
- ☐ 2 tablespoons sesame oil
- ☐ 0.5 cup sesame-ginger dressing low-fat
- ☐ 16 oz peas sweet frozen cooked drained
- ☐ 1 cup carrots (from 10-oz bag)
- ☐ 8 oz water chestnuts drained sliced canned
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 1 medium head boston lettuce
- ☐ 4 teaspoons roasted sunflower seeds unsalted

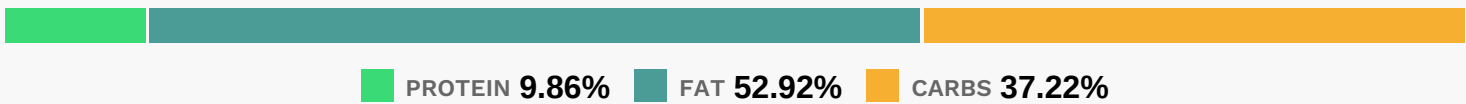
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu on several layers paper towels. Cover tofu with additional paper towels; gently press out moisture.
- ☐ Cut tofu into 1-inch cubes.
- ☐ In 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add tofu; cook 10 to 12 minutes, turning once and stirring occasionally, until golden on all sides.
- ☐ In large bowl, mix tofu, dressing, peas, carrots, water chestnuts, onion and pepper; toss gently to coat. Divide lettuce among 4 serving plates. Top with tofu mixture.
- ☐ Sprinkle with sunflower nuts.

Nutrition Facts



Properties

Glycemic Index:37.54, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:27.331304533326%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 421.5kcal (21.08%), Fat: 24.39g (37.52%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 27.36g (9.95%), Sugar: 14.2g (15.78%), Cholesterol: 0mg (0%), Sodium: 390.54mg (16.98%), Alcohol: 3.08g (100%), Alcohol %: 0.96% (100%), Protein: 10.22g (20.44%), Vitamin A: 7575.84IU (151.52%), Vitamin K: 93.1µg (88.66%), Vitamin C: 51.42mg (62.33%), Fiber: 11.23g (44.93%), Manganese: 0.83mg (41.33%), Folate: 136.11µg (34.03%), Vitamin E: 4.36mg (29.04%), Vitamin B1: 0.39mg (25.73%), Vitamin B6: 0.51mg (25.38%), Phosphorus: 250.54mg (25.05%), Copper: 0.41mg (20.73%), Potassium: 705.31mg (20.15%), Iron: 3.52mg (19.58%), Vitamin B3: 3.77mg (18.84%), Magnesium: 64.62mg (16.15%), Zinc: 2.24mg (14.91%), Vitamin B2: 0.25mg (14.68%), Selenium: 7.85µg (11.22%), Vitamin B5: 0.79mg (7.95%), Calcium: 75.98mg (7.6%)