



Pea, Carrot, and Tofu Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 1 medium head bibb lettuce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce water chestnuts drained canned
- ☐ 16 ounce peas green frozen thawed
- ☐ 0.5 cup onion red thinly sliced
- ☐ 4 teaspoons roasted unsalted
- ☐ 2 tablespoons sesame oil

- ☐ 0.5 cup sesame ginger dressing light
- ☐ 14 ounce water-packed tofu firm drained

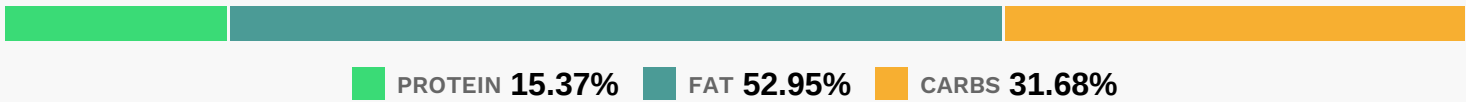
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu on several layers of heavy-duty paper towels. Cover tofu with additional paper towels; gently press out moisture.
- ☐ Cut tofu into 1-inch cubes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; cook 5 to 6 minutes on each side or until golden on all sides, stirring occasionally.
- ☐ Combine tofu, dressing, and next 5 ingredients in a large bowl; toss gently to coat. Divide lettuce evenly among 4 plates. Top lettuce with 1 3/4 cups tofu mixture.
- ☐ Sprinkle evenly with sunflower seed kernels.

Nutrition Facts



Properties

Glycemic Index:34.58, Glycemic Load:5.14, Inflammation Score:-10, Nutrition Score:27.654347917308%

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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 473.75kcal (23.69%), Fat: 28.72g (44.19%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 26.72g (9.72%), Sugar: 14.39g (15.99%), Cholesterol: 0mg (0%), Sodium: 357.22mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.51%), Vitamin A: 6644.77IU (132.9%), Vitamin K: 91.72µg (87.36%), Vitamin C: 50.38mg (61.07%), Fiber: 11.96g (47.84%), Manganese: 0.82mg (40.84%), Folate: 132.37µg (33.09%), Vitamin B1: 0.43mg (28.5%), Iron: 4.92mg (27.35%), Vitamin E: 4.09mg (27.25%), Vitamin B6: 0.49mg (24.54%), Copper: 0.43mg (21.3%), Phosphorus: 212.45mg (21.24%), Calcium: 195.27mg (19.53%), Potassium: 666.02mg (19.03%), Vitamin B3: 3.45mg (17.27%), Magnesium: 68.92mg (17.23%), Zinc: 2.19mg (14.62%), Vitamin B2: 0.23mg (13.61%), Selenium: 6.45µg (9.22%), Vitamin B5: 0.52mg (5.16%)