



Penne, Crispy Tofu, and Green Bean Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 tablespoon teaspoon dill dried fresh chopped
- ☐ 15 ounce extra-firm tofu drained cut into 1-inch cubes
- ☐ 3 garlic cloves crushed
- ☐ 2 cups cut green beans (2-inch) (8 ounces)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon soya sauce low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 2 cups penne pasta tube-shaped uncooked (8 ounces pasta)
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

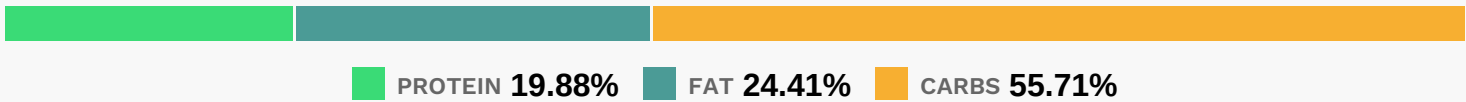
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ To prepare salad, pat tofu cubes dry with a paper towel.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; saut 5 minutes, browning on all sides.
- ☐ Remove from pan; chill 30 minutes.
- ☐ Cook pasta in boiling water for 5 minutes; add beans, and cook an additional 5 minutes.
- ☐ Drain. Rinse with cold water, and drain.
- ☐ Combine tofu, pasta mixture, tomatoes, and dill in a large bowl.
- ☐ To prepare dressing, combine vinegar and remaining ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Pour dressing over salad; toss well to coat. Cover and refrigerate 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:9.3, Inflammation Score:-4, Nutrition Score:7.4278260521267%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 187.93kcal (9.4%), Fat: 5.13g (7.89%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 23.97g (8.72%), Sugar: 2.92g (3.25%), Cholesterol: 0mg (0%), Sodium: 105.33mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Selenium: 18.3µg (26.14%), Manganese: 0.39mg (19.43%), Vitamin C: 12.99mg (15.74%), Vitamin K: 14.37µg (13.69%), Fiber: 2.38g (9.52%), Calcium: 89.63mg (8.96%), Iron: 1.61mg (8.94%), Phosphorus: 77.38mg (7.74%), Vitamin A: 376.32IU (7.53%), Copper: 0.13mg (6.68%), Magnesium: 26.25mg (6.56%), Vitamin B6: 0.12mg (6.21%), Potassium: 213.29mg (6.09%), Folate: 19.75µg (4.94%), Vitamin E: 0.68mg (4.55%), Vitamin B3: 0.9mg (4.48%), Vitamin B1: 0.06mg (4.29%), Zinc: 0.54mg (3.57%), Vitamin B2: 0.06mg (3.35%), Vitamin B5: 0.24mg (2.43%)