



Rice Noodle Veggie-Tofu Salad



Vegetarian



Vegan



Dairy Free

READY IN



28 min.

SERVINGS



20

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups carrots shredded
- ☐ 1 teaspoon chili sauce hot (such as Sriracha)
- ☐ 2 teaspoons sesame oil dark
- ☐ 12.3 oz extra-firm tofu drained
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 3 tablespoons juice of lime
- ☐ 0.5 cup soya sauce low-sodium

- ☐ 1 bell pepper red seeded thinly sliced
- ☐ 8 ounces rice noodles
- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 cup scallions thinly sliced
- ☐ 2 tablespoons sesame seed
- ☐ 1 cup snow peas thinly sliced
- ☐ 2 teaspoons sugar
- ☐ 8 oz water chestnuts diced drained canned

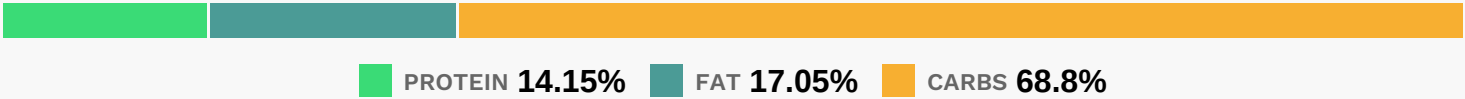
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Cut tofu in half lengthwise. Wrap each piece in a paper towel, place on plates and put a bowl on top of each to squeeze out water.
- ☐ Let stand for 20 minutes.
- ☐ Remove towels and cut tofu into 1-inch cubes.
- ☐ In a wide, shallow bowl, whisk together soy sauce, lime juice, rice vinegar, sesame oil, sugar, ginger, garlic and chili sauce. Toss tofu in sauce and arrange in a single layer. Cover and chill for 15 minutes.
- ☐ Remove tofu, setting aside soy sauce mixture.
- ☐ Bring a pot of water just to a boil. Cook noodles until just softened, 6 to 8 minutes or as package label directs.
- ☐ Drain noodles, rinse under cold water and drain again.
- ☐ Combine noodles, reserved soy sauce mixture, carrots, bell pepper, scallions, water chestnuts and snow peas, tossing to coat.
- ☐ Add tofu; gently toss to combine. Fold in sesame seeds and serve.

Nutrition Facts



Properties

Glycemic Index:19.2, Glycemic Load:6.36, Inflammation Score:-9, Nutrition Score:6.498260948969%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 90.47kcal (4.52%), Fat: 1.74g (2.67%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 14.06g (5.11%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 267.64mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin A: 2940.35IU (58.81%), Vitamin C: 12.98mg (15.73%), Manganese: 0.17mg (8.56%), Vitamin K: 8.92µg (8.5%), Fiber: 1.69g (6.77%), Vitamin B6: 0.1mg (4.94%), Iron: 0.87mg (4.82%), Phosphorus: 47.86mg (4.79%), Calcium: 44.58mg (4.46%), Copper: 0.08mg (3.94%), Potassium: 136.54mg (3.9%), Folate: 14.67µg (3.67%), Magnesium: 14.19mg (3.55%), Selenium: 2.25µg (3.22%), Vitamin B2: 0.04mg (2.63%), Vitamin B1: 0.04mg (2.53%), Vitamin E: 0.37mg (2.44%), Vitamin B3: 0.47mg (2.33%), Zinc: 0.34mg (2.3%), Vitamin B5: 0.16mg (1.57%)