



Sautéed Tofu (Dau Hu Xao Dau Hao)



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.3 cup cilantro leaves loosely packed
- 14 oz tofu cubed
- 2 tablespoons fish sauce
- 1 tablespoon olive oil
- 2 tablespoons oyster sauce
- 1 tablespoon sugar

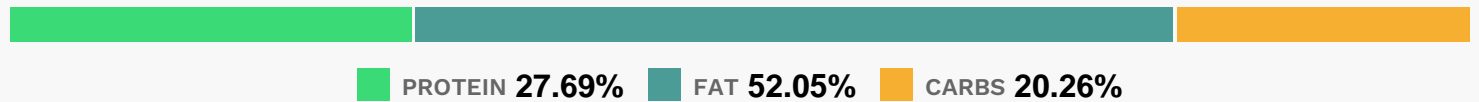
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk oyster sauce, pepper, sugar, and fish sauce in a bowl.
- Heat oil over medium heat in a medium nonstick skillet and add tofu. Cook 1 minute, stir gently, and add oyster sauce mixture. Cook, stirring occasionally, about 5 minutes, or until tofu is hot and sauce has reduced a little.
- Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:2.38, Inflammation Score:-1, Nutrition Score:2.5378260644882%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 135.06kcal (6.75%), Fat: 7.92g (12.19%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.96g (2.17%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 956.83mg (41.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Calcium: 133.73mg (13.37%), Iron: 1.36mg (7.58%), Vitamin K: 6.03µg (5.74%), Manganese: 0.09mg (4.69%), Magnesium: 17.23mg (4.31%), Fiber: 0.98g (3.9%), Vitamin E: 0.53mg (3.56%), Vitamin B6: 0.04mg (2%), Selenium: 1.27µg (1.81%), Vitamin B3: 0.36mg (1.79%), Folate: 6.64µg (1.66%), Vitamin A: 71.29IU (1.43%), Copper: 0.03mg (1.34%), Vitamin B12: 0.08µg (1.34%), Potassium: 42.73mg (1.22%), Vitamin B2: 0.02mg (1.14%)