



HEALTH SCORE

100%

Seared Tofu-and-Soba Noodle Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



844 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup rice vinegar
- ☐ 6 cups romaine lettuce chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon sesame oil
- ☐ 4 cups soba cooked uncooked (8 ounces buckwheat noodles)
- ☐ 2 tablespoons sugar
- ☐ 24.6 ounce spicy tofu firm drained reduced-fat

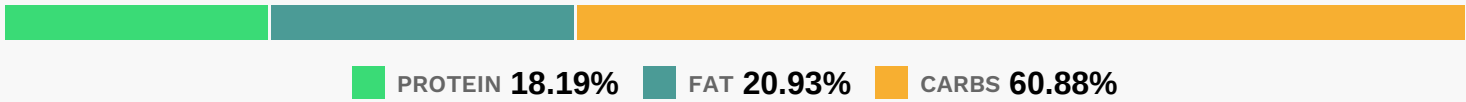
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut each block of tofu in half lengthwise.
- ☐ Place tofu slices on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 30 minutes, pressing down occasionally.
- ☐ Combine vinegar and the next 6 ingredients (vinegar through black pepper) in a jar; cover tightly, and shake vigorously. Set aside.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu slices; cook 5 minutes on each side or until lightly browned.
- ☐ Cut each tofu slice in half lengthwise. Arrange lettuce on a platter; top with noodles, tofu slices, and onions.
- ☐ Drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:59.18, Inflammation Score:-10, Nutrition Score:43.876521504444%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 29.03mg, Quercetin: 29.03mg, Quercetin: 29.03mg, Quercetin: 29.03mg

Nutrients (% of daily need)

Calories: 843.59kcal (42.18%), Fat: 20.77g (31.95%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 135.93g (45.31%), Net Carbohydrates: 115.56g (42.02%), Sugar: 7.75g (8.61%), Cholesterol: 0mg (0%), Sodium: 881.35mg (38.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.61g (81.22%), Vitamin A: 6265.86IU (125.32%), Manganese: 2.43mg (121.74%), Magnesium: 416.88mg (104.22%), Copper: 1.93mg (96.38%), Vitamin K: 100.93µg (96.12%), Fiber: 20.36g (81.45%), Phosphorus: 643.31mg (64.33%), Vitamin B3: 12.41mg (62.05%), Vitamin B2: 0.82mg (48.22%), Folate: 162.02µg (40.51%), Iron: 6.96mg (38.69%), Potassium: 1053.08mg (30.09%), Zinc: 4.42mg (29.5%), Calcium: 287.53mg (28.75%), Vitamin B5: 2.26mg (22.6%), Vitamin B6: 0.44mg (22.21%), Selenium: 14.68µg (20.97%), Vitamin B1: 0.24mg (15.74%), Vitamin C: 5.22mg (6.33%), Vitamin E: 0.78mg (5.22%)