



Seared Tofu with Gingered Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon bottled garlic minced
- 1 tablespoon sesame oil dark divided
- 1 cup green onions divided sliced
- 1 tablespoon bottled ground ginger fresh (such as Spice World)
- 1 tablespoon soya sauce low-sodium
- 1 cup radish sprouts
- 1 large bell pepper red thinly sliced

- 3.5 ounce boil-in-bag rice long-grain
- 2 tablespoons rice vinegar
- 0.8 teaspoon salt divided
- 1 tablespoon sesame seed toasted
- 1 pound extrafirm tofu reduced-fat

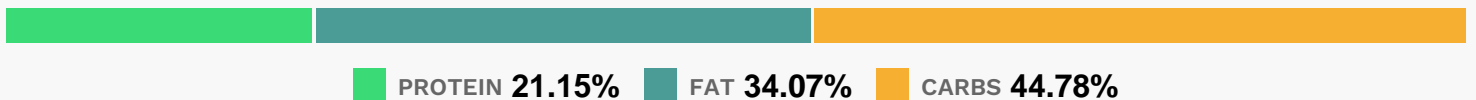
Equipment

- frying pan
- paper towels

Directions

- Place tofu on several layers of paper towels; let stand 10 minutes.
- Cut tofu into 1-inch cubes.
- Prepare rice according to package directions, omitting salt and fat.
- Add 1/4 teaspoon salt to rice; fluff with a fork.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add garlic, ginger, and bell pepper to pan; saut for 3 minutes. Stir in 3/4 cup onions, vinegar, and soy sauce; cook for 30 seconds.
- Remove from pan. Wipe skillet with paper towels; recoat pan with cooking spray.
- Place pan over medium-high heat.
- Sprinkle tofu with remaining 1/2 teaspoon salt and black pepper.
- Add tofu to pan; cook 8 minutes or until golden, turning to brown on all sides. Return bell pepper mixture to pan, and cook 1 minute or until thoroughly heated.
- Drizzle tofu mixture with remaining 1 teaspoon oil; top with sesame seeds.
- Serve tofu mixture with rice; top with sprouts and remaining 1/4 cup onions.

Nutrition Facts



Properties

Glycemic Index:71.8, Glycemic Load:13.53, Inflammation Score:-8, Nutrition Score:15.604782456937%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 264.75kcal (13.24%), Fat: 10.15g (15.61%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 30g (10%), Net Carbohydrates: 26.71g (9.71%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 593.39mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.33%), Vitamin C: 61.1mg (74.07%), Vitamin K: 54.54µg (51.94%), Manganese: 0.95mg (47.35%), Vitamin A: 1571.68IU (31.43%), Calcium: 204.62mg (20.46%), Iron: 2.86mg (15.9%), Vitamin B6: 0.28mg (13.96%), Fiber: 3.29g (13.17%), Folate: 49.87µg (12.47%), Copper: 0.2mg (9.85%), Phosphorus: 86.75mg (8.67%), Selenium: 5.98µg (8.54%), Magnesium: 34mg (8.5%), Vitamin B3: 1.48mg (7.42%), Potassium: 249.1mg (7.12%), Vitamin E: 0.89mg (5.92%), Vitamin B1: 0.09mg (5.9%), Vitamin B2: 0.1mg (5.75%), Zinc: 0.8mg (5.35%), Vitamin B5: 0.51mg (5.14%)