



Seared Tofu with with Green Beans and Asian Coconut Sauce



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 1 tablespoon garlic finely chopped
- ☐ 1 lb green beans trimmed cut into 2-inch-long pieces
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 bell pepper red cut into 1/4-inch-wide strips (2 inches long)
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 4 servings vermicelli

- ☐ 1 teaspoon salt
- ☐ 0.3 cup roasted cashews salted chopped
- ☐ 2 tablespoons soya sauce
- ☐ 14 oz tofu firm
- ☐ 14 oz coconut milk unsweetened low-fat canned (not)
- ☐ 0.3 cup vegetable oil

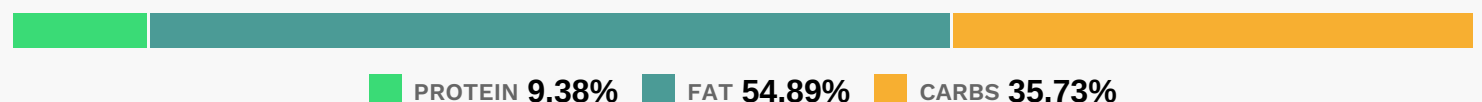
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Halve tofu lengthwise, then cut crosswise into 1/2-inch-thick slices and pat dry well. Put 1 tablespoon soy sauce in a wide shallow dish, then add tofu, turning to coat, and let stand 10 minutes. Pat tofu dry.
- ☐ Heat oil in a 12-inch heavy skillet over high heat until hot but not smoking, then add tofu in 1 layer and cook, turning over once, until tofu is browned, about 6 minutes total.
- ☐ Transfer with a slotted spoon to a large plate, reserving oil in skillet.
- ☐ Add garlic, ginger, and red pepper flakes to skillet and sauté, stirring, until fragrant, about 30 seconds.
- ☐ Add beans, bell pepper, and salt and sauté, stirring, 1 minute.
- ☐ Stir in coconut milk and remaining tablespoon soy sauce and bring to a boil, then boil, uncovered, until beans are tender, about 6 minutes.
- ☐ Transfer vegetables using a slotted spoon to plate with tofu.
- ☐ Simmer sauce until thickened slightly and reduced to about 3/4 cup, about 2 minutes. Stir in lime juice and pour sauce over vegetables and tofu.
- ☐ Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:29.63, Inflammation Score:-9, Nutrition Score:25.889130343562%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 755.69kcal (37.78%), Fat: 47.62g (73.26%), Saturated Fat: 24.73g (154.55%), Carbohydrates: 69.74g (23.25%), Net Carbohydrates: 61.58g (22.39%), Sugar: 9.41g (10.46%), Cholesterol: 0mg (0%), Sodium: 1290.69mg (56.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.6%), Manganese: 1.65mg (82.46%), Vitamin K: 79.66µg (75.87%), Vitamin C: 56.53mg (68.52%), Vitamin A: 1790.1IU (35.8%), Copper: 0.67mg (33.52%), Fiber: 8.15g (32.61%), Phosphorus: 308.3mg (30.83%), Iron: 5.5mg (30.58%), Magnesium: 110.58mg (27.64%), Selenium: 17.08µg (24.4%), Calcium: 206.57mg (20.66%), Folate: 78.86µg (19.71%), Potassium: 688.05mg (19.66%), Vitamin B6: 0.37mg (18.45%), Vitamin E: 2.41mg (16.09%), Zinc: 2.15mg (14.32%), Vitamin B3: 2.58mg (12.89%), Vitamin B1: 0.19mg (12.42%), Vitamin B2: 0.19mg (11.47%), Vitamin B5: 0.75mg (7.55%)