



Seasoned Tofu Steaks and Vegetable Stir-fry with Ginger Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips yellow
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups angel hair pasta cooked uncooked (wheat noodles; 4 ounces pasta)
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons breadcrumbs dry

- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 12.3 ounce silken tofu firm drained reduced-fat
- ☐ 1 cup snow peas
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vegetable oil
- ☐ 2 teaspoons vegetable oil
- ☐ 0.3 cup water
- ☐ 0.5 cup water

Equipment

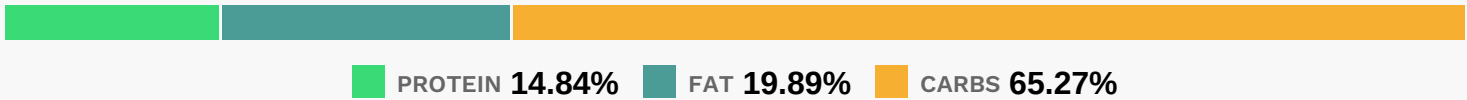
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ To prepare the tofu steaks, cut tofu lengthwise into 4 (1/2-inch-thick) slices.
- ☐ Place the tofu steaks on several layers of heavy-duty paper towels. Cover the steaks with additional paper towels, and let stand 5 minutes.
- ☐ Combine flour and next 6 ingredients (flour through black pepper). Dredge each tofu steak in flour mixture. Dip into egg; dredge again in flour mixture.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu steaks; cook 6 minutes, turning after 3 minutes.

- ☐ Remove from skillet; cut each tofu steak into 4 wedges. Keep warm.
- ☐ To prepare the ginger sauce, combine vinegar, sugar, 1/2 cup water, and soy sauce in a small saucepan; bring to a boil over medium-high heat. Reduce heat, and simmer 3 minutes or until sugar is dissolved.
- ☐ Combine cornstarch and 1/4 cup water; stir into sugar mixture. Bring to a boil, and cook 1 minute or until thick.
- ☐ Remove from heat; stir in ginger. Keep warm.
- ☐ To prepare vegetable stir-fry, heat 1 teaspoon oil in skillet over medium-high heat.
- ☐ Add bell pepper and snow peas, and stir-fry 2 minutes.
- ☐ Add tomato, and stir-fry 1 minute.
- ☐ Serve over pasta, and top with ginger sauce and tofu wedges.

Nutrition Facts



Properties

Glycemic Index:85.9, Glycemic Load:27.41, Inflammation Score:-8, Nutrition Score:17.654782580293%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 376.68kcal (18.83%), Fat: 8.3g (12.77%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 61.29g (20.43%), Net Carbohydrates: 57.78g (21.01%), Sugar: 20.45g (22.72%), Cholesterol: 46.5mg (15.5%), Sodium: 499.72mg (21.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.87%), Vitamin C: 87.29mg (105.8%), Selenium: 29.15µg (41.65%), Manganese: 0.58mg (28.77%), Iron: 3.67mg (20.41%), Copper: 0.39mg (19.57%), Vitamin B1: 0.28mg (18.72%), Phosphorus: 186.35mg (18.63%), Vitamin K: 17.51µg (16.67%), Magnesium: 66.41mg (16.6%), Folate: 59.58µg (14.9%), Vitamin A: 725.32IU (14.51%), Fiber: 3.51g (14.03%), Potassium: 468.9mg (13.4%), Vitamin B2: 0.23mg (13.32%), Vitamin B6: 0.22mg (11.24%), Vitamin B3: 2.16mg (10.8%), Zinc: 1.42mg (9.46%), Calcium: 77.35mg (7.73%), Vitamin B5: 0.65mg (6.48%), Vitamin E: 0.8mg (5.35%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.25µg (1.67%)