



Sesame Barbecued Tofu Over Noodles and Greens

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon chile paste divided
- 0.5 teaspoon sesame oil dark
- 1 tablespoon dijon mustard
- 1 pound extra-firm tofu firm drained cut into 12 slices
- 32 ounce less-sodium chicken broth fat-free canned
- 3 garlic cloves minced
- 2.5 tablespoons hoisin sauce divided

- 1 tablespoon catsup
- 1.5 tablespoons soya sauce low-sodium divided
- 1 teaspoon sesame seed toasted
- 10 ounce pkt spinach fresh
- 4 cups udon noodles fresh hot thick cooked (, round Japanese wheat noodles)

Equipment

- bowl
- baking sheet
- aluminum foil
- broiler
- dutch oven

Directions

- Preheat broiler.
- Combine 1 1/2 teaspoons hoisin, 1 1/2 teaspoons soy sauce, ketchup, mustard, sesame seeds, oil, and 1/4 teaspoon chile paste in a small bowl.
- Place tofu on a foil-lined baking sheet coated with cooking spray.
- Brush tofu with half of hoisin mixture; broil 6 minutes or until browned. Turn tofu over; brush with remaining hoisin mixture. Broil 6 minutes or until browned. Cover; keep warm.
- Combine 2 tablespoons hoisin, 1 tablespoon soy sauce, 1/4 teaspoon chile paste, broth, and garlic in a Dutch oven. Bring to a boil; cook for 2 minutes.
- Add spinach; cook until wilted. Stir in noodles. Spoon 1 1/2 cups noodle mixture into each of 4 large bowls; top each serving with 3 tofu slices.
- Note: Look for chile paste and udon noodles in the Asian section of the supermarket or at specialty Asian markets.

Nutrition Facts



PROTEIN 24.76% FAT 20.09% CARBS 55.15%

Properties

Glycemic Index:50.33, Glycemic Load:21.89, Inflammation Score:-10, Nutrition Score:21.756956577301%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 368.51kcal (18.43%), Fat: 8.51g (13.09%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 46.18g (16.79%), Sugar: 10.08g (11.2%), Cholesterol: 0.3mg (0.1%), Sodium: 2155.35mg (93.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Vitamin K: 342.65µg (326.34%), Vitamin A: 6669.83IU (133.4%), Manganese: 0.78mg (39.04%), Folate: 145.92µg (36.48%), Vitamin C: 20.93mg (25.37%), Fiber: 6.34g (25.36%), Calcium: 237.98mg (23.8%), Iron: 3.97mg (22.05%), Magnesium: 69.48mg (17.37%), Potassium: 526.37mg (15.04%), Vitamin B2: 0.23mg (13.56%), Vitamin B6: 0.23mg (11.36%), Selenium: 7.71µg (11.01%), Vitamin E: 1.57mg (10.47%), Vitamin B3: 2.09mg (10.44%), Copper: 0.18mg (9.24%), Phosphorus: 85.37mg (8.54%), Vitamin B12: 0.45µg (7.56%), Vitamin B1: 0.09mg (6.03%), Zinc: 0.6mg (3.98%), Vitamin B5: 0.37mg (3.71%)