



Sesame-Crusted Tofu Sticks with Vegetable Sauté

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons sesame oil dark divided
- ☐ 1 cup breadcrumbs dry
- ☐ 1 large eggs
- ☐ 1 large egg white

- ☐ 15 ounce extra-firm tofu drained cut into 18 sticks
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 cups green onions sliced (2-inch)
- ☐ 1 tablespoon japanese and sauce sweet sour (such as ABC sauce; optional)
- ☐ 6 ounce pineapple juice canned
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sesame seed
- ☐ 0.5 cup shallots chopped
- ☐ 0.5 pound shiitake mushroom caps (10 mushrooms)

Equipment

- ☐ frying pan

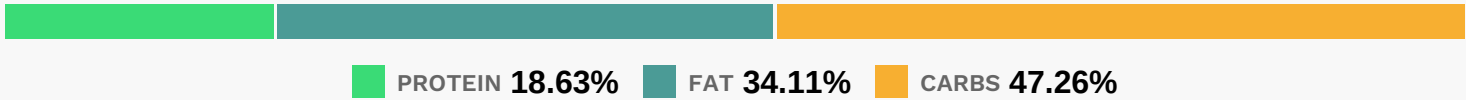
Directions

- ☐ To prepare tofu, combine first 4 ingredients in a shallow dish.
- ☐ Combine breadcrumbs, flour, and sesame seeds in a shallow dish.
- ☐ Dip tofu, one piece at a time, in egg mixture; dredge in breadcrumb mixture. Return tofu to egg mixture; dredge in breadcrumb mixture. Repeat procedure with remaining tofu, egg mixture, and breadcrumb mixture.
- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add half of tofu; cook 4 minutes, turning to brown all sides.
- ☐ Remove from pan. Repeat procedure with remaining oil and tofu. Keep warm.
- ☐ To prepare vegetables, pour pineapple juice into pan. Bring to a boil; cook until juice is reduced to 1/4 cup (about 5 minutes).
- ☐ Remove from pan.
- ☐ Heat pan coated with cooking spray over medium-high heat.
- ☐ Add shallots, minced garlic, and mushrooms; saut 4 minutes, stirring occasionally.

- ☐
- Add green onions, tomatoes, and thyme, and cook 1 minute. Stir in pineapple juice and balsamic vinegar, and cook 30 seconds.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:62.67, Glycemic Load:5.54, Inflammation Score:-9, Nutrition Score:16.64260850782%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 289.97kcal (14.5%), Fat: 11.27g (17.34%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 30.13g (10.96%), Sugar: 10.69g (11.88%), Cholesterol: 31mg (10.33%), Sodium: 395.3mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Vitamin K: 72.06µg (68.63%), Manganese: 0.54mg (27%), Vitamin C: 18.19mg (22.05%), Iron: 3.89mg (21.63%), Vitamin B1: 0.31mg (21%), Fiber: 5.01g (20.05%), Calcium: 200.24mg (20.02%), Selenium: 13.78µg (19.69%), Folate: 73.67µg (18.42%), Vitamin B3: 3.55mg (17.76%), Vitamin B2: 0.3mg (17.49%), Copper: 0.33mg (16.39%), Vitamin B6: 0.31mg (15.5%), Phosphorus: 148.01mg (14.8%), Potassium: 452.08mg (12.92%), Magnesium: 47.48mg (11.87%), Vitamin A: 569.9IU (11.4%), Vitamin B5: 0.95mg (9.52%), Zinc: 1.31mg (8.72%), Vitamin E: 0.51mg (3.43%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.32µg (2.12%)