



Sesame Quinoa with Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 8 ounces extra-firm tofu drained
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 1 cup quinoa uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame seed

☐ 1.5 cups vegetable stock

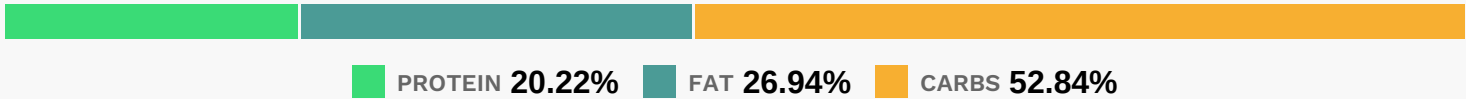
Equipment

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

Directions

- ☐ Place tofu on several layers of heavy-duty paper towels; let stand 20 minutes.
- ☐ Cut into 1/2-inch cubes.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add tofu and seeds; saut 3 minutes.
- ☐ Remove tofu mixture from pan.
- ☐ Add quinoa to pan; cook 3 minutes, stirring frequently.
- ☐ Add stock and salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Place in a large bowl.
- ☐ Add tofu mixture, green onions, soy sauce, and pepper; toss.
- ☐ Totals include Vegetable Stock.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:12.537391268689%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 235.17kcal (11.76%), Fat: 7.11g (10.93%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 27.32g (9.93%), Sugar: 1.24g (1.37%), Cholesterol: 0mg (0%), Sodium: 648.49mg (28.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (24%), Manganese: 0.96mg (47.93%), Vitamin K: 26.58µg (25.31%), Magnesium: 96.12mg (24.03%), Folate: 89.91µg (22.48%), Phosphorus: 218.17mg (21.82%), Iron: 3.17mg (17.59%), Copper: 0.35mg (17.28%), Fiber: 4.03g (16.13%), Calcium: 120.93mg (12.09%), Vitamin B6: 0.24mg (11.85%), Vitamin B1: 0.18mg (11.82%), Zinc: 1.55mg (10.36%), Vitamin B2: 0.16mg (9.4%), Potassium: 298.09mg (8.52%), Vitamin E: 1.27mg (8.48%), Vitamin A: 318.8IU (6.38%), Selenium: 4.4µg (6.28%), Vitamin B3: 0.85mg (4.24%), Vitamin B5: 0.35mg (3.52%), Vitamin C: 2.35mg (2.85%)