



Shrimp-Stuffed Tofu



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chile paste fresh with garlic ground chile paste
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove thinly sliced
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1 tablespoon low sodium soy sauce low-sodium
- ☐ 4 teaspoons low sodium soy sauce low-sodium
- ☐ 1.5 teaspoons rice vinegar

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- ☐ 2 ounces shiitake mushroom caps sliced
- ☐ 2 cups short grain rice hot cooked
- ☐ 4 ounces shrimp deveined peeled
- ☐ 14 ounce water-packed tuna drained

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Place first 9 ingredients in a food processor; process until smooth, scraping sides of bowl occasionally.
- ☐ Split tofu block in half horizontally.
- ☐ Cut each half in half diagonally to form 4 triangles. Make a pocket in each tofu triangle by inserting the tip of a small knife into the center of the longest edge. Slice gently back and forth almost to (but not through) outside edges to form a pocket. Gently stuff each pocket with about 1/4 cup shrimp mixture. Arrange tofu in a bamboo steamer coated with cooking spray; cover with steamer lid.
- ☐ Add water to a large skillet to a depth of 1 inch; bring to a boil over medium-high heat.
- ☐ Place steamer in pan; steam 15 minutes or until filling is set.
- ☐ Combine 4 teaspoons soy sauce and 4 teaspoons rice vinegar in a small bowl.
- ☐ Place 1/2 cup hot cooked short-grain rice on each of 4 plates. Top each serving with 1 stuffed tofu triangle.
- ☐ Drizzle each serving with 2 teaspoons soy sauce mixture; garnish with thinly sliced green onions, if desired.

Nutrition Facts



 **PROTEIN 27.22%**  **FAT 4.19%**  **CARBS 68.59%**

Properties

Glycemic Index:72.75, Glycemic Load:62.93, Inflammation Score:0, Nutrition Score:26.077826173409%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 490.13kcal (24.51%), Fat: 2.21g (3.4%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 81.43g (27.14%), Net Carbohydrates: 78.11g (28.4%), Sugar: 0.53g (0.59%), Cholesterol: 81.36mg (27.12%), Sodium: 578.25mg (25.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.31g (64.62%), Selenium: 83.4µg (119.14%), Vitamin B3: 14.64mg (73.21%), Folate: 242.83µg (60.71%), Manganese: 1.16mg (57.91%), Vitamin B12: 2.55µg (42.5%), Vitamin B1: 0.6mg (40.29%), Iron: 6.28mg (34.9%), Phosphorus: 325.45mg (32.54%), Vitamin B6: 0.56mg (27.87%), Copper: 0.4mg (20%), Vitamin B5: 1.68mg (16.83%), Magnesium: 65.93mg (16.48%), Zinc: 2.38mg (15.84%), Fiber: 3.32g (13.3%), Potassium: 416.06mg (11.89%), Vitamin B2: 0.19mg (10.91%), Vitamin D: 1.25µg (8.32%), Vitamin K: 6.5µg (6.19%), Calcium: 46.12mg (4.61%), Vitamin E: 0.39mg (2.61%), Vitamin A: 87.78IU (1.76%), Vitamin C: 0.92mg (1.12%)