



## Sichuan Tofu with Garlic Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 2 tablespoons agave nectar
- 0.5 teaspoon pepper black freshly ground (up to one tablespoon)
- 1 teaspoon ginger/garlic paste (up to 2 teaspoons)
- 1 pound tofu firm
- 2 tablespoons ginger fresh minced
- 6 large cloves garlic minced (up to 1 head)
- 1 bunch spring onion
- 2 tablespoons soy sauce reduced-sodium

- 2 tablespoons rice vinegar
- 2 tablespoons rice vinegar black
- 0.3 teaspoon sesame oil
- 0.3 cup vegetable stock
- 2 tsp water
- 8 water chestnuts fresh
- 1 tablespoon sherry dry

## Equipment

- bowl
- frying pan
- measuring cup

## Directions

- Cut the tofu widthwise into 1/2-inch slices. Then cut each slice widthwise into 1/2-inch by 1 1/2-inch sticks.
- Put the pieces in a ziplock bag and add the vegetable broth, 1 tbsp. wine, and 1 tbsp. soy sauce.
- Let it marinate, turning the bag every few minutes, while you prepare the vegetables and sauce. In a small bowl or measuring cup, mix together the vinegars, 2 tbsp. soy sauce, 1 tbsp. wine, agave nectar or sugar, chili garlic paste, and sesame oil. Set aside. Peel and slice the water chestnuts and cut each slice into shreds, about three pieces per slice. Slice the green onions thinly, separating the dark green tops from the light green and white parts. Spray or rub a large non-stick skillet lightly with oil, and heat it over medium-high heat.
- Add the light-colored scallion slices, the garlic, and the ginger, and stir-fry for 1-2 minutes.
- Remove from the skillet and set aside. Spray the skillet again lightly, and add the tofu and its marinade to the pan, making sure the tofu is in a single layer. When the marinade has evaporated, carefully turn the tofu (which should be light brown on the bottom) and cook the other side until brown.
- Add the green onion mixture back to the pan and cook, stirring for another minute.
- Add the water chestnuts and sauce and bring to a boil.

Add cornstarch and water and simmer until thickened and glossy.

Remove from heat and garnish with green onion tops.

## Nutrition Facts

**PROTEIN 27.99%** **FAT 29.25%** **CARBS 42.76%**

### Properties

Glycemic Index:82.25, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:4.7030434090158%

### Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

### Nutrients (% of daily need)

Calories: 168.44kcal (8.42%), Fat: 5.4g (8.31%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 15.7g (5.71%), Sugar: 8.6g (9.55%), Cholesterol: 0mg (0%), Sodium: 356.82mg (15.51%), Alcohol: 0.39g (100%), Alcohol %: 0.24% (100%), Protein: 11.63g (23.26%), Calcium: 163.04mg (16.3%), Vitamin K: 15.39µg (14.66%), Manganese: 0.22mg (11.03%), Iron: 1.96mg (10.87%), Fiber: 2.06g (8.23%), Vitamin B6: 0.16mg (8.13%), Vitamin C: 5.22mg (6.33%), Potassium: 120.31mg (3.44%), Copper: 0.07mg (3.32%), Vitamin B2: 0.06mg (3.31%), Phosphorus: 32.4mg (3.24%), Folate: 12.68µg (3.17%), Magnesium: 12.11mg (3.03%), Vitamin B1: 0.04mg (2.34%), Vitamin E: 0.32mg (2.14%), Selenium: 1.38µg (1.97%), Vitamin A: 92.99IU (1.86%), Zinc: 0.28mg (1.84%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.11mg (1.14%)