



Silken Tofu With Chives Japanese Style

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili oil
- 0.8 cup chives chinese
- 2 sheets kombu dry (seaweed, small sheets 2 x 3 inch, broken up into small pieces)
- 2 teaspoons sesame oil
- 15 ounces silken tofu chinese firm (Japanese, , Korean- not tofu)
- 6 tablespoons soya sauce (, like Tamari brand)

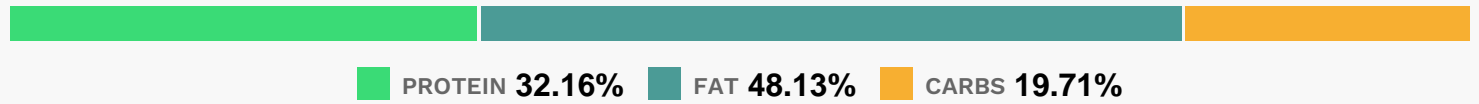
Equipment

- bowl

Directions

- Drain the Silken Tofu and cut up into bite size pieces (try not to break them up) and place into 2 individual bowls. Aside- Silken or soft tofu is preferred, but not firm/hard tofu. Wash the Chinese chives, remove the buds and cut up the green part into 1 inch pieces to make up cup. Then sprinkle into each bowl. Aside- some people prefer to use the buds as well, also the chives are a little hard to the bite, so you might want to par-boil them or saut them in a little oil briefly to make them a little softer.
- Add soy sauce to each bowl, sesame oil, a touch of chili oil (optional) and pieces of seaweed as well. Enjoy. Submit a Correction

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:11.527391291183%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 199.12kcal (9.96%), Fat: 10.92g (16.8%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.01g (3.28%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 3033.37mg (131.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.83%), Vitamin K: 34.75µg (33.09%), Copper: 0.54mg (26.99%), Magnesium: 92.59mg (23.15%), Phosphorus: 211.78mg (21.18%), Iron: 3.35mg (18.59%), Vitamin B1: 0.26mg (17.16%), Manganese: 0.33mg (16.52%), Potassium: 543.83mg (15.54%), Vitamin B3: 2.88mg (14.4%), Vitamin A: 655.85IU (13.12%), Vitamin B2: 0.19mg (11.07%), Vitamin C: 8.79mg (10.65%), Zinc: 1.45mg (9.68%), Calcium: 94.72mg (9.47%), Vitamin B6: 0.15mg (7.61%), Folate: 29.97µg (7.49%), Fiber: 1.05g (4.21%), Vitamin B5: 0.27mg (2.68%), Vitamin E: 0.25mg (1.69%)