



Silken Tofu with Ponzu Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- 0.3 cup green onions thinly sliced
- 0.3 cup nori seaweed shredded (seaweed)
- 0.3 cup ponzu sauce
- 1 pound silken tofu light drained cut into 11 (1/2-inch-thick) slices

Equipment

Directions

Place tofu in a single layer in a large dish; drizzle with Ponzu Sauce. Cover and marinate in refrigerator for 1 hour.

Sprinkle with onions and nori.

Nutrition Facts

PROTEIN 32.34% **FAT 40.12%** **CARBS 27.54%**

Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.4926086997856%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 69.36kcal (3.47%), Fat: 3.07g (4.73%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.47g (1.63%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 342.04mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin K: 12.95µg (12.33%), Copper: 0.24mg (12.04%), Magnesium: 34.14mg (8.54%), Vitamin B1: 0.12mg (7.81%), Phosphorus: 72.8mg (7.28%), Potassium: 222.48mg (6.36%), Iron: 1.03mg (5.71%), Zinc: 0.62mg (4.12%), Calcium: 39.87mg (3.99%), Vitamin B2: 0.05mg (3.04%), Vitamin B3: 0.38mg (1.89%), Vitamin C: 1.3mg (1.57%), Vitamin A: 78.57IU (1.57%), Folate: 4.46µg (1.11%), Fiber: 0.28g (1.11%)