



## Soy-Glazed Sesame Tofu

 Vegetarian  Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

### Ingredients

- 1 tablespoon sesame oil dark
- 12 oz extra tofu firm drained cut into 8 slices
- 2 cloves garlic finely chopped
- 0.5 teaspoon honey
- 2 tablespoons soya sauce low-sodium
- 0.3 teaspoon pepper flakes red crushed
- 4 scallions chopped
- 1 tablespoon sesame seed

1 tablespoon vegetable oil

## Equipment

bowl

frying pan

## Directions

In a small bowl, stir scallions, garlic, soy sauce, sesame oil, sesame seeds, red pepper flakes and honey.

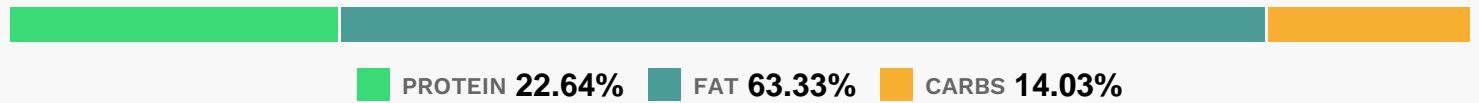
Warm vegetable oil over medium-high heat in a large nonstick skillet. Pat tofu dry and add to skillet. Cook, turning once, until golden brown on both sides, 8minutes total.

Spoon sauce mixture over tofu, cover pan and turn off heat.

Let stand 3minutes.

Transfer slices to a serving platter and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.32, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:5.7452173634716%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 132.88kcal (6.64%), Fat: 9.58g (14.74%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 346.06mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin K: 31.73µg (30.22%), Copper: 0.27mg (13.58%), Phosphorus: 118.05mg (11.81%), Magnesium: 38.48mg (9.62%), Iron: 1.64mg (9.11%), Manganese: 0.13mg (6.51%), Vitamin B1: 0.1mg (6.41%), Potassium: 210.52mg (6.01%), Calcium: 60.09mg (6.01%), Zinc: 0.8mg (5.33%), Vitamin B2: 0.07mg (3.87%), Vitamin B6: 0.07mg (3.34%), Folate: 13.24µg (3.31%), Vitamin C: 2.73mg (3.31%), Vitamin E: 0.48mg (3.2%), Vitamin A: 157.02IU (3.14%), Fiber: 0.77g (3.06%), Vitamin B3: 0.47mg (2.35%), Selenium: 1.05µg (1.49%)