

Soy-Glazed Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons spring onion diagonally sliced
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 teaspoon orange zest grated
- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 0.5 teaspoon sesame seed toasted

☐ 12 ounce tofu firm drained

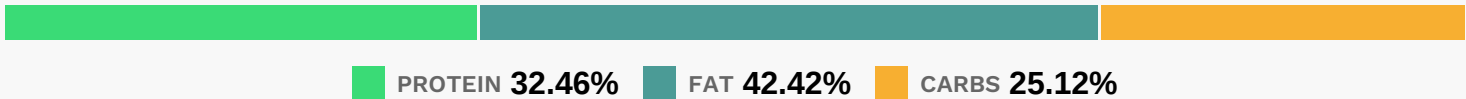
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cut each slice of tofu in half diagonally.
- ☐ Place tofu slices on several layers of paper towels, and cover tofu with additional paper towels; let stand 15 minutes, pressing down occasionally.
- ☐ Combine vinegar and next 4 ingredients (through rind) in a small saucepan; bring to a boil. Reduce heat and simmer, uncovered, 6 minutes or until thick and syrupy.
- ☐ Heat oil in a large nonstick skillet over medium-high heat. Arrange tofu slices in pan in a single layer; saut 5 minutes on each side or until golden brown.
- ☐ Remove from heat; pour vinegar mixture over tofu to coat.
- ☐ Sprinkle with green onions and sesame seeds.
- ☐ Serve immediately.
- ☐ Wine note: Tofu works with just about every wine, but given the flavors of soy sauce, orange, and sesame, a refreshing white is in order. In particular, sesame and orange both work magnificently with unoaked chardonnay. My favorite: St. Supery Oak Free Chardonnay from Napa Valley, California. The 2008 is \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:2.3065217655638%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg,

Naringenin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 104.74kcal (5.24%), Fat: 4.91g (7.56%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 6.55g (2.18%), Net
Carbohydrates: 5.67g (2.06%), Sugar: 3.99g (4.44%), Cholesterol: 0mg (0%), Sodium: 293.08mg (12.74%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Calcium: 117.65mg (11.77%), Iron: 1.25mg (6.96%), Vitamin
K: 6.35µg (6.05%), Vitamin C: 4.98mg (6.04%), Fiber: 0.87g (3.5%), Manganese: 0.05mg (2.73%), Magnesium:
8.35mg (2.09%), Folate: 8.3µg (2.08%), Phosphorus: 18.03mg (1.8%), Potassium: 59.1mg (1.69%), Vitamin B2:
0.02mg (1.46%), Copper: 0.02mg (1.13%), Vitamin B6: 0.02mg (1.07%)