



WHATSheATE



Spicy Lime and Herbed Tofu in Lettuce Cups



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cucumber diced peeled seeded
- ☐ 2 tablespoons fish sauce (such as nam pla or nuoc nam)
- ☐ 1 tablespoon basil fresh finely chopped (preferably Vietnamese or Thai)
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 0.3 cup ginger fresh peeled thinly sliced
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 2 tablespoons jalapeno seeded chopped

- ☐ 0.3 cup lemon grass fresh with tough leaves removed thinly sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup plum tomatoes diced seeded
- ☐ 3 tablespoons chilli sauce sweet
- ☐ 14 ounce tofu dry firm drained cut into 1/2-inch cubes, patted
- ☐ 2 tablespoons water

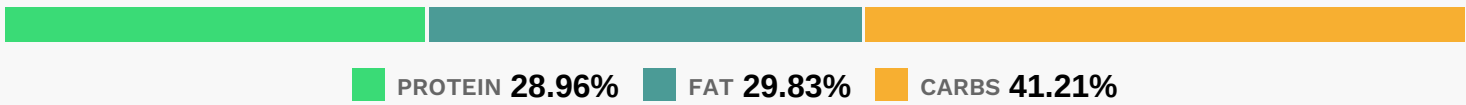
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Puree first 5 ingredients in blender.
- ☐ Let mixture stand at least 15 minutes and up to 1 hour. Strain mixture into small bowl, pressing on solids to release any liquid; discard solids. Stir in sweet chili sauce. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Combine first 7 ingredients in large bowl.
- ☐ Add tofu and dressing to bowl; toss to coat.
- ☐ Arrange 1 or 2 lettuce leaves on each of 6 plates. Divide tofu mixture among lettuce leaves and serve.
- ☐ *Available in the Asian foods section of most supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:4.099565191134%

Flavonoids

Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin:

0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 90.22kcal (4.51%), Fat: 3.09g (4.75%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 8.38g (3.05%), Sugar: 5.44g (6.04%), Cholesterol: 0mg (0%), Sodium: 561.62mg (24.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Vitamin C: 12.09mg (14.65%), Vitamin K: 12.78µg (12.17%), Manganese: 0.22mg (10.78%), Calcium: 98.08mg (9.81%), Iron: 1.28mg (7.12%), Vitamin A: 248.95IU (4.98%), Magnesium: 19.65mg (4.91%), Fiber: 1.22g (4.87%), Potassium: 134.27mg (3.84%), Vitamin B6: 0.07mg (3.75%), Folate: 14.87µg (3.72%), Copper: 0.05mg (2.33%), Vitamin E: 0.3mg (1.97%), Vitamin B3: 0.38mg (1.9%), Phosphorus: 14.37mg (1.44%), Vitamin B2: 0.02mg (1.42%), Vitamin B1: 0.02mg (1.22%), Zinc: 0.17mg (1.12%)