



## Sweet Hot Tofu

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**256 kcal**

SIDE DISH

### Ingredients

- 2 teaspoons bottled garlic minced
- 2 teaspoons bottled ginger fresh minced
- 2 teaspoons canola oil
- 1 teaspoon cornstarch
- 0.5 teaspoon sesame oil dark
- 0.7 cup less-sodium chicken broth fat-free
- 0.3 cup green onions thinly sliced
- 0.3 cup hoisin sauce

- 1 teaspoon honey
- 2 teaspoons soya sauce low-sodium
- 1 Dash pepper red crushed
- 3.5 ounce boil-in-bag rice long-grain
- 1 tablespoon cooking sherry
- 14 ounce spicy tofu firm cut into (1-inch) cubes reduced-fat

## Equipment

- frying pan
- whisk

## Directions

- Prepare rice according to package directions, omitting salt and fat.
- Heat canola oil in a large nonstick skillet over medium-high heat.
- Add tofu, and saut 5 minutes or until lightly browned.
- Remove from skillet.
- Combine broth and the next 7 ingredients (through pepper), stirring well with a whisk.
- Add ginger, garlic, and onions to pan; saut 30 seconds. Stir in broth mixture; cook 1 minute or until thickened, stirring constantly.
- Add tofu to pan; cook 30 seconds, stirring gently to coat. Divide rice evenly among each of 4 plates; top each serving with tofu mixture.

## Nutrition Facts



## Properties

Glycemic Index:55.11, Glycemic Load:13.35, Inflammation Score:-2, Nutrition Score:5.7426088011783%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg,

Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## **Nutrients (% of daily need)**

Calories: 255.5kcal (12.78%), Fat: 7.73g (11.9%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 31.83g (11.57%), Sugar: 6.83g (7.58%), Cholesterol: 0.52mg (0.17%), Sodium: 531.18mg (23.09%), Alcohol: 0.39g (100%), Alcohol %: 0.24% (100%), Protein: 11.97g (23.94%), Manganese: 0.4mg (19.78%), Vitamin K: 18.94µg (18.04%), Calcium: 150.2mg (15.02%), Iron: 1.85mg (10.3%), Fiber: 1.95g (7.8%), Selenium: 5.36µg (7.66%), Copper: 0.11mg (5.32%), Phosphorus: 52.01mg (5.2%), Vitamin B6: 0.1mg (5.18%), Vitamin B3: 0.93mg (4.63%), Vitamin B2: 0.08mg (4.42%), Magnesium: 16.26mg (4.06%), Vitamin B5: 0.35mg (3.46%), Vitamin E: 0.51mg (3.38%), Potassium: 116.6mg (3.33%), Folate: 13.18µg (3.29%), Vitamin C: 2.55mg (3.09%), Zinc: 0.43mg (2.88%), Vitamin B1: 0.03mg (2.14%), Vitamin A: 91.75IU (1.84%), Vitamin B12: 0.08µg (1.26%)