



Teriyaki Tofu Steaks with Soba Noodles



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baby bok choy cut in half lengthwise
- ☐ 4 cups soba noodles cooked uncooked (1 pound buckwheat noodles)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 pound water-packed extra-firm tofu drained
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced

- ☐ 2 tablespoons honey
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup mirin sweet (rice wine)
- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons sake (rice wine)
- ☐ 2 teaspoons sesame seed toasted
- ☐ 0.5 cup vegetable broth

Equipment

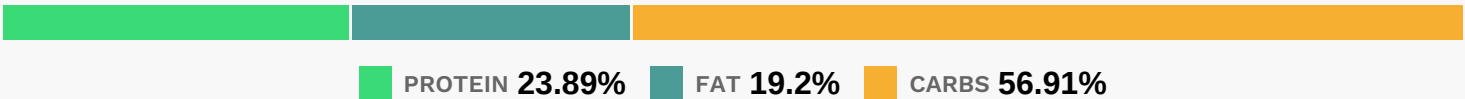
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place tofu between several layers of paper towels.
- ☐ Place a heavy plate on top of tofu, and let stand 20 minutes.
- ☐ Cut tofu crosswise into 4 pieces.
- ☐ Combine mirin and next 8 ingredients (mirin through garlic) in a bowl, stirring with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add tofu pieces; pour mirin mixture over tofu. Bring to a boil; cook 4 minutes. Turn tofu pieces over; cook 3 minutes.
- ☐ Remove from heat, and keep warm.
- ☐ Bring broth to a boil in a Dutch oven.
- ☐ Add bok choy; cover and cook 2 minutes or until crisp-tender.
- ☐ Drain.
- ☐ Place 1 cup soba noodles on each of 4 plates; top each serving with 1 tofu piece. Spoon about 1 tablespoon sauce over each tofu piece; sprinkle each serving with 1 tablespoon green onions

and 1/2 teaspoon toasted sesame seeds. Arrange 2 bok choy halves on each plate.

Nutrition Facts



Properties

Glycemic Index:64.82, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:17.418261014897%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 313.3kcal (15.66%), Fat: 6.38g (9.81%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40.17g (14.61%), Sugar: 11.98g (13.31%), Cholesterol: 0mg (0%), Sodium: 948.25mg (41.23%), Alcohol: 3.62g (100%), Alcohol %: 0.92% (100%), Protein: 17.85g (35.7%), Vitamin A: 7768.49IU (155.37%), Vitamin C: 78.09mg (94.66%), Manganese: 0.56mg (28.11%), Calcium: 250.55mg (25.05%), Iron: 3.71mg (20.61%), Phosphorus: 181.54mg (18.15%), Copper: 0.3mg (15.24%), Magnesium: 59.59mg (14.9%), Vitamin B1: 0.22mg (14.47%), Vitamin K: 13.69µg (13.04%), Fiber: 2.37g (9.46%), Potassium: 318.95mg (9.11%), Zinc: 1.1mg (7.33%), Vitamin B2: 0.12mg (7.16%), Vitamin B3: 1.17mg (5.84%), Vitamin B6: 0.12mg (5.76%), Folate: 20.46µg (5.11%), Vitamin B5: 0.34mg (3.41%), Vitamin E: 0.25mg (1.68%), Selenium: 1.07µg (1.53%)