



Teriyaki Tofu Triangles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 16 ounce extra-firm tofu
- ☐ 0.5 teaspoon a pinch of ground ginger fresh good grated
- ☐ 2 teaspoons hoisin sauce
- ☐ 1 tablespoon olive oil light
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 1 tablespoon maple syrup
- ☐ 2 teaspoons citrus champagne vinegar

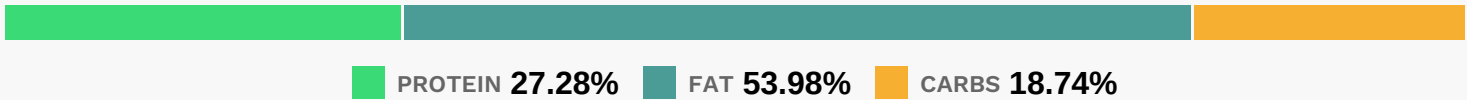
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen towels

Directions

- ☐ Combine all the ingredients for the marinade in a small bowl and stir together.
- ☐ Cut the tofu into 1/2-inch-thick slices. Blot well between clean tea towels or several layers of paper towels, then cut each slice through the thickness again to make 1/4-inch-thick slices. Blot briefly again.
- ☐ Cut each slice into 2 squares, then each square on the diagonal into 2 triangles.
- ☐ Place in a shallow pan and drizzle with the marinade. Gently turn the tofu pieces over so that both sides are coated with marinade.
- ☐ Let stand for 10 minutes or so.
- ☐ Heat a wide nonstick skillet.
- ☐ Transfer the tofu and marinade into the skillet. Cook over medium-high heat, stirring gently and frequently, until the tofu is nicely browned on most sides.
- ☐ Scatter scallions over the tofu if desired, and serve at once.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Vegetarian Family Cookbook by Nava Atlas. Copyright (c) 2004 by Nava Atlas. Published by Broadway Books.Nava Atlas is the author of nine cookbooks, including The Vegetarian Family Cookbook, The Vegetarian 5-Ingredient Gourmet, and Vegetarian Soups for All Seasons. She lives in the Hudson Valley region of New York with her husband and two teenage sons (all vegans).

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:2.6256521537738%

Nutrients (% of daily need)

Calories: 158.81kcal (7.94%), Fat: 9.59g (14.76%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 6.44g (2.34%), Sugar: 3.93g (4.37%), Cholesterol: 0.06mg (0.02%), Sodium: 325.72mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.81%), Calcium: 150.71mg (15.07%), Manganese: 0.24mg (11.92%), Iron: 1.57mg (8.75%), Vitamin B2: 0.09mg (5.14%), Fiber: 1.05g (4.22%), Vitamin E: 0.56mg (3.71%), Vitamin K: 2.26µg (2.15%), Magnesium: 7.68mg (1.92%), Phosphorus: 14.66mg (1.47%), Potassium: 46.1mg (1.32%)