




 **68%**
HEALTH SCORE

Thai Black Pepper and Garlic Tofu


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




65 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 bunch asparagus trimmed cut into 1 inch pieces
- 1 large bell pepper sliced
- 0.5 teaspoon pepper black freshly ground
- 4 servings veggie broth as needed
- 2 teaspoons cornstarch
- 14 ounce tofu
- 6 cloves garlic minced pressed
- 8 ounces kale thinly sliced (1 bunch)

- 1 small onion halved sliced into thin wedges
- 1 teaspoon rice vinegar
- 3 ounces mushroom caps sliced
- 1.5 tablespoon soya sauce gluten-free (or tamari)
- 1 teaspoon sriracha to taste (or)
- 0.5 cup vegetable stock

Equipment

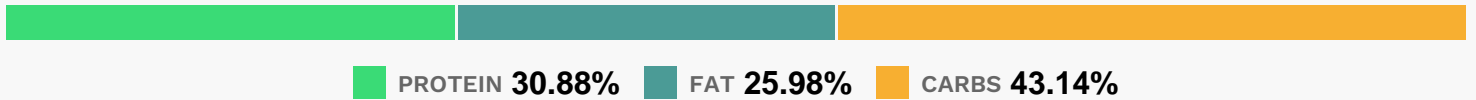
- bowl
- frying pan
- baking sheet
- paper towels
- baking paper
- oven
- wok

Directions

- Cut the tofu into 1/2-inch slices. Gently press each slice between paper towels to remove some of the moisture. Then cut each slice into rectangles.
- Place into a ziplock bag.
- Combine tofu seasoning in a small bowl and pour over tofu. Seal bag and gently turn it over until tofu is completely covered in seasoning. (You can do this ahead of time and allow the tofu to marinate for a stronger flavor, but it's not mandatory.) Preheat oven to 400F. Line a baking sheet or dish with parchment paper. (A silicon mat will also work, but parchment on a rimmed metal baking sheet yields the crispiest tofu with no sticking.)
- Place the tofu on the parchment in a single layer along with the marinade.
- Bake for 15 minutes. Turn gently and bake for another 15 minutes.
- Remove from oven. While the tofu is cooking, chop all the vegetables and combine the sauce ingredients in a small bowl. About 10 minutes before tofu is done, preheat a large, deep non-stick skillet or wok over medium-high heat. Spray or rub it with oil if you wish, but this is optional. Have about a half cup of water or broth standing by.

- Add the onion and cook for a couple of minutes until it begins to become translucent.
- Add a tablespoon of water or broth if it starts to stick.
- Add the bell pepper and stir-fry for another minute. Then add the garlic and mushrooms and cook another two minutes, adding liquid by the tablespoon if needed. Stir in the kale, add about 2 tablespoons of liquid, and cover quickly. After a minute, stir and add liquid if necessary. Cook covered for another minute and then add the asparagus and a little more liquid. Cover and cook until asparagus is tender-crisp, about 2 minutes.
- Add the sauce and cook until it is heated through.
- Serve the vegetables with tofu on top, or stir the tofu into the vegetables and serve over rice or pasta.

Nutrition Facts



Properties

Glycemic Index:96.75, Glycemic Load:4.11, Inflammation Score:-10, Nutrition Score:28.080434749956%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 20.67mg, Isorhamnetin: 20.67mg, Isorhamnetin: 20.67mg, Isorhamnetin: 20.67mg Kaempferol: 28.23mg, Kaempferol: 28.23mg, Kaempferol: 28.23mg, Kaempferol: 28.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 32.26mg, Quercetin: 32.26mg, Quercetin: 32.26mg, Quercetin: 32.26mg

Nutrients (% of daily need)

Calories: 179.33kcal (8.97%), Fat: 5.63g (8.66%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 13.65g (4.96%), Sugar: 8.26g (9.18%), Cholesterol: 0mg (0%), Sodium: 1502.44mg (65.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.13%), Vitamin K: 270.52µg (257.63%), Vitamin A: 8365.31IU (167.31%), Vitamin C: 115.18mg (139.62%), Manganese: 0.81mg (40.57%), Calcium: 313.14mg (31.31%), Folate: 120.06µg (30.01%), Fiber: 7.39g (29.58%), Iron: 5.08mg (28.2%), Vitamin B2: 0.46mg (26.92%), Vitamin B6: 0.46mg (23%), Potassium: 638.43mg (18.24%), Vitamin B1: 0.27mg (18.13%), Vitamin B3: 3.32mg (16.59%), Copper: 0.31mg (15.67%), Vitamin E: 2.3mg (15.36%), Phosphorus: 145.58mg (14.56%), Magnesium: 49.73mg (12.43%), Vitamin B5: 0.89mg (8.87%), Zinc: 1.27mg (8.44%), Selenium: 5.18µg (7.4%)