



Thai Noodle Salad with Sautéed Tofu

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 1 tablespoon sriracha (such as Lee Kum Kee)
- ☐ 3 tablespoons sriracha (such as Lee Kum Kee)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.8 pound vermicelli uncooked
- ☐ 2 cups romaine lettuce thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon thai fish sauce (such as Three Crabs)
- ☐ 0.8 pound water-packed tofu firm drained

Equipment

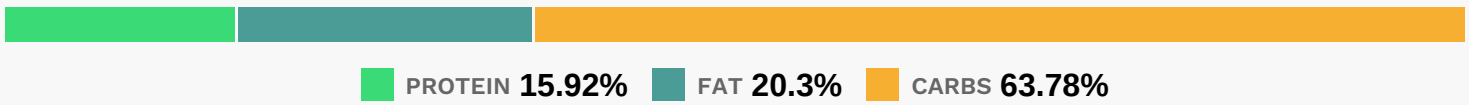
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ To prepare tofu, cut tofu into 3/4-inch-thick slices. Arrange tofu slices in a single layer on several layers of paper towels. Top with several more layers of paper towels; top with a cast-iron skillet or other heavy pan.
- ☐ Let stand 30 minutes.
- ☐ Remove tofu from paper towels; cut into 3/4-inch cubes.
- ☐ Combine tofu, 2 tablespoons juice, and next 6 ingredients (through garlic) in a zip-top plastic bag. Seal and marinate at room temperature 2 hours, turning bag occasionally.

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan, swirling to coat; heat 30 seconds.
- ☐ Remove tofu from bag; discard marinade.
- ☐ Add tofu to pan; saut 5 minutes or until crisp, carefully turning to brown all sides.
- ☐ Remove from heat.
- ☐ To prepare noodles, while tofu marinates, place vermicelli in a large bowl. Cover with boiling water.
- ☐ Let stand 20 minutes or until tender.
- ☐ Drain and rinse under cold water; drain well. Set noodles aside.
- ☐ To prepare dressing, combine 1/4 cup juice and next 8 ingredients (through 1/4 teaspoon red pepper), stirring with a whisk.
- ☐ Combine vermicelli, lettuce, and remaining ingredients in a large bowl.
- ☐ Add dressing; toss well to combine. Top with tofu.

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:29.03, Inflammation Score:-10, Nutrition Score:17.49391321514%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 363.97kcal (18.2%), Fat: 8.04g (12.37%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 56.86g (18.95%), Net Carbohydrates: 54.29g (19.74%), Sugar: 5.61g (6.24%), Cholesterol: 20.41mg (6.8%), Sodium: 1425.83mg (61.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.38%), Vitamin A: 5132.92IU (102.66%), Selenium: 47.64µg (68.05%), Vitamin B3: 6.25mg (31.23%), Vitamin B12: 1.47µg (24.53%), Vitamin K: 23.54µg (22.42%), Manganese: 0.42mg (21%), Phosphorus: 195.34mg (19.53%), Vitamin B6: 0.28mg (14.1%), Vitamin E: 1.64mg (10.96%), Fiber: 2.57g (10.27%), Iron: 1.8mg (9.98%), Magnesium: 37.83mg (9.46%), Folate: 36.89µg (9.22%),

Vitamin C: 7.13mg (8.65%), Potassium: 296.87mg (8.48%), Zinc: 0.99mg (6.63%), Vitamin B2: 0.11mg (6.38%),
Copper: 0.11mg (5.41%), Vitamin B1: 0.07mg (4.73%), Vitamin D: 0.68µg (4.54%), Calcium: 42.14mg (4.21%), Vitamin
B5: 0.26mg (2.58%)