



Thai Spiced Tofu



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons fish sauce (for vegetarians who don't eat fish)
- ☐ 0.5 pound green beans
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons thai curry paste red (found in the Asian section of most supermarkets)
- ☐ 8 ounces spicy tofu firm cut into four 1/2-inch slices*
- ☐ 0.5 cup vegetable broth

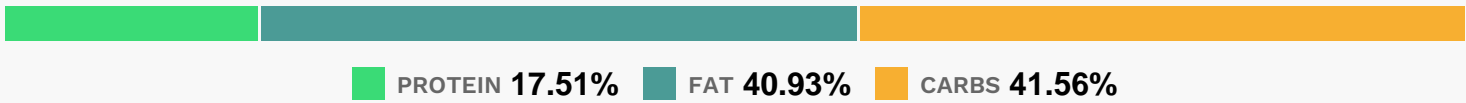
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ *Or use 4 ounces of tofu plus a tilapia fillet or a boneless, skinless chicken–breast half.
- ☐ Place the tofu between layers of paper towels and weigh them down with a heavy skillet to remove excess water. Set aside to drain for 10 minutes.
- ☐ Combine the curry paste, sugar, and fish sauce; put half this sauce in a resealable plastic bag. (If using fish or chicken, divide that half of the curry sauce between 2 bags – one for the tofu and one for the fish or chicken.)
- ☐ Add the tofu and fish or chicken (if using), seal, and set aside for 15 minutes. In a saucepan, combine the green beans, broth, oil, and the remaining curry. Simmer until the beans are tender, about 5 minutes. Cover to keep warm.
- ☐ Lightly coat a nonstick skillet with vegetable cooking spray and place it over medium heat. When hot, add the tofu and cook until golden, about 4 minutes per side.
- ☐ Transfer to a dinner plate and cover. (Cook the fish or chicken if using.)
- ☐ Serve with the green beans.

Nutrition Facts



Properties

Glycemic Index:88.05, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:14.113913007404%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 296.7kcal (14.84%), Fat: 13.94g (21.45%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 27.05g (9.84%), Sugar: 24.75g (27.5%), Cholesterol: 0mg (0%), Sodium: 1659.92mg (72.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.83%), Vitamin A: 4453.49IU (89.07%), Vitamin K: 48.81µg (46.49%), Calcium: 223.12mg (22.31%), Fiber: 4.8g (19.21%), Vitamin C: 15.81mg (19.17%), Iron: 3.26mg (18.13%), Magnesium: 59.85mg (14.96%), Manganese: 0.29mg (14.38%), Folate: 46.6µg (11.65%), Vitamin B6: 0.23mg (11.56%), Vitamin E: 1.56mg (10.43%), Potassium: 291.47mg (8.33%), Vitamin B2: 0.13mg (7.74%), Vitamin B1: 0.1mg (6.34%), Vitamin B3: 1.25mg (6.24%), Phosphorus: 44.35mg (4.44%), Copper: 0.09mg (4.43%), Selenium: 2.43µg (3.47%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.31mg (2.07%), Vitamin B12: 0.09µg (1.44%)