

Thai Stuffed Tofu

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- 0.3 cup cabbage shredded
- 1 tablespoon cornstarch
- 0.3 cup mushroom caps dried
- 1 eggs
- 24 ounce extra tofu firm
- 2 tablespoons ginger fresh minced to taste
- 3 cloves garlic
- 1 tablespoon hoisin sauce

- 1 jalapeno seeded coarsely chopped
- 1 onion halved
- 2 tablespoons soya sauce
- 0.3 cup vegetable oil divided
- 1 zucchini coarsely chopped

Equipment

- food processor
- bowl
- frying pan
- paper towels
- knife

Directions

- Drain tofu and cut each piece into 4 squares; cut each square diagonally into 2 triangles. Set tofu triangles aside.
- Place shiitake mushrooms into a bowl of hot water and allow to rehydrate until moist and plump, about 20 minutes.
- Cut out woody stems and finely chop mushrooms.
- Place zucchini, onion, garlic, and jalapeno pepper into a food processor and process until the vegetables are almost a paste; transfer to a bowl and stir in shiitake mushrooms, egg, soy sauce, ginger, cornstarch, and hoisin sauce. Fold shredded cabbage into the stuffing.
- Heat 2 tablespoons vegetable oil in a large skillet over medium heat. Pat tofu triangles dry with paper towels and pan-fry in the hot oil until browned on all sides except 1 narrow side for stuffing, 2 to 3 minutes frying time per side.
- Remove tofu triangles and let cool until you can handle them.
- With a sharp paring knife, cut a slit into the unbrowned side of a tofu triangle; scoop out center of the tofu with a grapefruit spoon, leaving the walls of the triangle about 1/4-inch thick. Use a spoon to fill each triangle generously with the stuffing, letting stuffing mound out of the tofu piece.

Heat remaining 2 tablespoons vegetable oil in skillet over medium heat; place tofu triangles, stuffing sides down, into the hot oil and pan-fry until stuffing edge is browned and stuffing is hot and set inside, about 5 minutes. Turn triangles on their sides and refry for a minute or two in the hot oil to rewarm.

Nutrition Facts

PROTEIN 22.66% **FAT 56.86%** **CARBS 20.48%**

Properties

Glycemic Index:44.5, Glycemic Load:1.18, Inflammation Score:-5, Nutrition Score:11.865652115449%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 284.32kcal (14.22%), Fat: 18.31g (28.16%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 12.98g (4.72%), Sugar: 5.77g (6.41%), Cholesterol: 41.04mg (13.68%), Sodium: 697.48mg (30.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.83%), Vitamin K: 31.34µg (29.85%), Copper: 0.51mg (25.53%), Phosphorus: 243.78mg (24.38%), Vitamin C: 17.51mg (21.23%), Magnesium: 68.86mg (17.22%), Iron: 2.84mg (15.78%), Potassium: 535.58mg (15.3%), Vitamin B1: 0.19mg (12.91%), Manganese: 0.26mg (12.9%), Vitamin B2: 0.21mg (12.59%), Vitamin B6: 0.24mg (12.06%), Zinc: 1.6mg (10.69%), Vitamin E: 1.45mg (9.66%), Calcium: 83.17mg (8.32%), Folate: 30.83µg (7.71%), Vitamin B5: 0.76mg (7.63%), Fiber: 1.86g (7.42%), Selenium: 4.99µg (7.13%), Vitamin B3: 1.41mg (7.04%), Vitamin A: 200.41IU (4.01%), Vitamin D: 0.29µg (1.92%), Vitamin B12: 0.1µg (1.63%)