



Tofu Bites



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1 tablespoon rice vinegar
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1 pound water-packed tuna drained cut into 1/2-inch cubes reduced-fat

Equipment

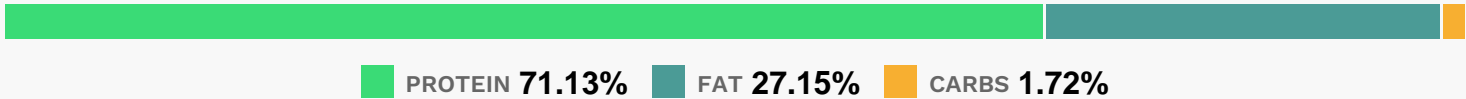
- ☐ bowl
- ☐ frying pan

☐ paper towels

Directions

- ☐ Place tofu on several layers of heavy-duty paper towels. Cover tofu with additional paper towels, and let stand 5 minutes, pressing occasionally.
- ☐ Heat oils in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; saut 7 minutes or until browned.
- ☐ Place in a bowl.
- ☐ Drizzle with soy sauce and vinegar; toss gently to coat. Cover and chill at least 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.291304346012%

Nutrients (% of daily need)

Calories: 87.4kcal (4.37%), Fat: 2.52g (3.87%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 0.36g (0.12%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.03g (0.03%), Cholesterol: 27.22mg (9.07%), Sodium: 357.61mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.69%), Selenium: 51.3µg (73.28%), Vitamin B3: 7.56mg (37.8%), Vitamin B12: 1.94µg (32.38%), Vitamin B6: 0.25mg (12.52%), Phosphorus: 112.53mg (11.25%), Iron: 1.34mg (7.42%), Vitamin D: 0.91µg (6.05%), Magnesium: 21.09mg (5.27%), Vitamin B2: 0.07mg (4.4%), Potassium: 151.88mg (4.34%), Zinc: 0.54mg (3.61%), Vitamin E: 0.37mg (2.48%), Vitamin K: 2.31µg (2.2%), Copper: 0.04mg (1.95%), Manganese: 0.04mg (1.92%), Vitamin B1: 0.02mg (1.65%), Calcium: 15.37mg (1.54%), Folate: 5.37µg (1.34%), Vitamin B5: 0.13mg (1.29%)