



 **100%**  
HEALTH SCORE

## Tofu Larb

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**9**

CALORIES



**428 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon sesame oil dark
- 1.5 tablespoons fish sauce
- 0.5 cup basil fresh chopped
- 0.3 cup mint leaves fresh chopped
- 3 garlic cloves minced
- 0.3 cup juice of lime fresh ( 3 limes)
- 9 large cabbage leaves green red

- 2 cups thinly onion red vertically sliced
- 0.5 teaspoon salt
- 2 serrano chiles thinly sliced
- 1 tablespoon sugar
- 2 teaspoons vegetable oil
- 28 ounce water-packed tofu firm crumbled drained reduced-fat

## Equipment

- frying pan
- paper towels

## Directions

- Combine first 5 ingredients, stirring until sugar dissolves; set aside.
- Spread tofu in a single layer onto several layers of paper towels; cover with additional paper towels.
- Let stand 15 minutes, pressing down occasionally.
- Heat oils in a large nonstick skillet over medium-high heat.
- Add onion, garlic, and chiles; saut 3 minutes.
- Add tofu; cook 8 minutes or until lightly browned, stirring occasionally. Stir in juice mixture; cook 1 minute or until heated.
- Remove from heat; stir in basil and mint. Spoon about 1/2 cup tofu mixture into each cabbage leaf.

## Nutrition Facts



**PROTEIN 27.97%** **FAT 6.36%** **CARBS 65.67%**

## Properties

Glycemic Index:26.79, Glycemic Load:19.89, Inflammation Score:-10, Nutrition Score:54.04739129025%

## Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.07mg, Apigenin: 1.07mg, Apigenin: 1.07mg, Apigenin: 1.07mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg

## Nutrients (% of daily need)

Calories: 428.08kcal (21.4%), Fat: 3.38g (5.21%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 78.64g (26.21%), Net Carbohydrates: 46.59g (16.94%), Sugar: 43.1g (47.89%), Cholesterol: 31.75mg (10.58%), Sodium: 785.76mg (34.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.5g (66.99%), Vitamin K: 956.49µg (910.94%), Vitamin C: 463.65mg (562%), Folate: 552.03µg (138.01%), Fiber: 32.05g (128.21%), Manganese: 2.12mg (105.93%), Vitamin B6: 1.91mg (95.58%), Selenium: 64.17µg (91.68%), Potassium: 2368.13mg (67.66%), Vitamin B3: 11.86mg (59.3%), Vitamin B1: 0.81mg (54.07%), Calcium: 533.43mg (53.34%), Phosphorus: 460.98mg (46.1%), Magnesium: 182.05mg (45.51%), Iron: 7.59mg (42.17%), Vitamin B12: 2.28µg (38.02%), Vitamin B2: 0.59mg (34.79%), Vitamin A: 1431.35IU (28.63%), Vitamin B5: 2.85mg (28.51%), Zinc: 2.94mg (19.63%), Copper: 0.31mg (15.6%), Vitamin E: 2.32mg (15.44%), Vitamin D: 1.06µg (7.06%)