



Tofu-Pine Nut Lettuce Wraps



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 boston lettuce leaves rinsed
- ☐ 12 ounces extra-firm tofu also called nigari tofu
- ☐ 0.8 cup hoisin sauce
- ☐ 2 cups parsley italian coarsely chopped
- ☐ 0.5 cup pinenuts
- ☐ 3 tablespoons rice vinegar
- ☐ 8 servings salt
- ☐ 2 tablespoons soya sauce

- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil

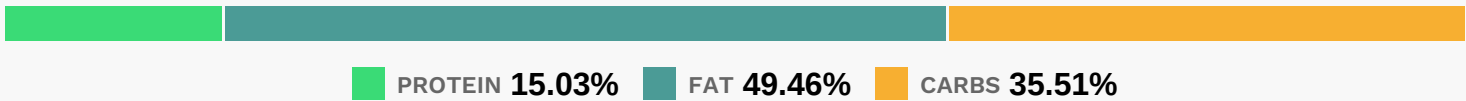
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse tofu and pat dry.
- ☐ Cut into about 1/4-inch cubes.
- ☐ In a 10- to 12-inch frying pan over medium heat, stir pine nuts until golden, about 4 minutes; pour from pan.
- ☐ Add tofu, vinegar, soy sauce, and sugar to pan; stir over medium-high heat until tofu is hot and liquid is absorbed, 2 to 3 minutes.
- ☐ Add parsley and oil; stir just until parsley begins to wilt, about 30 seconds.
- ☐ Add salt to taste.
- ☐ Just before serving (warm or cool), stir in pine nuts and transfer to a bowl. Pile lettuce into a basket and spoon hoisin sauce into a small bowl. Spoon tofu mixture into lettuce leaves, add a little hoisin sauce, and wrap up to eat.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:14.543043499408%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 183.11kcal (9.16%), Fat: 10.41g (16.02%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 14.58g (5.3%), Sugar: 9.45g (10.5%), Cholesterol: 0.77mg (0.26%), Sodium: 874.72mg (38.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.23%), Vitamin K: 284.49µg (270.95%), Manganese: 0.91mg (45.61%), Vitamin A: 2261.19IU (45.22%), Vitamin C: 21.23mg (25.73%), Iron: 2.65mg (14.73%), Folate: 54.31µg (13.58%), Magnesium: 40.63mg (10.16%), Calcium: 95.35mg (9.54%), Fiber: 2.24g (8.94%), Copper: 0.18mg (8.91%), Phosphorus: 83mg (8.3%), Vitamin E: 1.16mg (7.77%), Potassium: 245.28mg (7.01%), Vitamin B2: 0.12mg (6.8%), Zinc: 0.87mg (5.79%), Vitamin B3: 1.15mg (5.77%), Vitamin B1: 0.06mg (4.29%), Vitamin B6: 0.07mg (3.55%), Vitamin B5: 0.17mg (1.66%), Selenium: 0.79µg (1.13%)