



Tofu Steaks with Shiitakes and Veggies

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup julienne-cut bell pepper red
- 1 cup matchstick-cut carrot
- 0.5 teaspoon pepper red crushed
- 3 tablespoons sesame oil dark divided
- 14 ounce extra-firm tofu drained
- 4 garlic cloves thinly sliced
- 1 tablespoon honey
- 3 tablespoons lower-sodium soy sauce divided

- 0.1 teaspoon salt
- 2 teaspoons sherry vinegar
- 5 ounce pre shiitake mushrooms
- 0.5 cup vegetable broth organic

Equipment

- bowl
- frying pan
- grill pan

Directions

- Cut tofu in half crosswise and again in half lengthwise. Pierce tofu liberally with a fork.
- Place in a shallow dish.
- Combine 1 tablespoon oil and 1 tablespoon soy sauce in a small bowl.
- Pour soy mixture over tofu; let stand 15 minutes, turning once. Set aside.
- Heat a large nonstick skillet over medium-high heat.
- Add 1 tablespoon oil; swirl to coat.
- Add bell pepper, carrot, and salt; saut 3 minutes.
- Remove from pan.
- Add remaining 1 tablespoon oil; swirl to coat.
- Add garlic and mushrooms; saut 4 minutes.
- Add remaining 2 tablespoons soy sauce, broth, and next 3 ingredients. Simmer 3 minutes or until thickened.
- Remove from heat.
- Remove tofu from marinade; reserve marinade.
- Heat a grill pan over high heat. Coat pan with cooking spray.
- Add tofu to pan; cook 3 minutes on each side, basting occasionally with reserved marinade. Arrange 1 tofu steak on each of 4 plates; top each serving with about 1/3 cup carrot mixture and about 2 tablespoons mushroom mixture.

Nutrition Facts

PROTEIN 18.57% FAT 55.07% CARBS 26.36%

Properties

Glycemic Index:63.28, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:14.150869553504%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 240.94kcal (12.05%), Fat: 15.31g (23.56%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 12.89g (4.69%), Sugar: 8.89g (9.88%), Cholesterol: 0mg (0%), Sodium: 657.92mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Vitamin A: 6649.18IU (132.98%), Vitamin C: 50.54mg (61.27%), Vitamin B6: 0.32mg (15.96%), Calcium: 148.27mg (14.83%), Fiber: 3.6g (14.41%), Manganese: 0.28mg (13.99%), Vitamin B3: 2.25mg (11.23%), Iron: 1.88mg (10.46%), Potassium: 351.59mg (10.05%), Vitamin B2: 0.16mg (9.62%), Phosphorus: 86.24mg (8.62%), Folate: 33.37µg (8.34%), Vitamin B5: 0.8mg (7.99%), Vitamin K: 7.79µg (7.42%), Vitamin E: 1.09mg (7.29%), Magnesium: 25.01mg (6.25%), Zinc: 0.69mg (4.59%), Copper: 0.09mg (4.53%), Vitamin B1: 0.06mg (3.87%), Selenium: 2.67µg (3.81%)