



WHATSheATE

VEGETARIAN RECIPES



Tofu Triangles in Creamy Nut Butter Sauce with Scallions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



479 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon sesame seed white black toasted
- ☐ 2 tablespoons brown sugar light white
- ☐ 0.3 cup cashew butter
- ☐ 0.5 teaspoon pepper red
- ☐ 2 the salad thinly sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 1 pinch salt

- ☐ 2 spring onion finely chopped
- ☐ 2 tablespoons sesame oil for frying
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon tamari sauce
- ☐ 1 tofu firm drained
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Slice the tofu crosswise into scant 1/ 2-inch slabs, then cut each slab into 2 triangles. Blot with paper towels.
- ☐ Heat a large cast-iron or nonstick skillet and add the oil. When hot, add the tofu and fry over medium-high heat until golden. Turn and cook on the second side.
- ☐ Meanwhile, combine all the ingredients for the sauce in a small food processor and puree until smooth. Taste for salt and add a little extra, if needed.
- ☐ When the tofu is done, pour in half the sauce and cook until bubbling and partially reduced.
- ☐ Turn off the heat, scatter the scallions and sesame seeds over the top, and bring to the table.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From This Can't Be Tofu! by Deborah Madison. © 2000 by Deborah Madison. Published by Broadway Books. Deborah Madison's Vegetarian Cooking for Everyone and The Savory Way each earned the IACP's Julia Child Cookbook of the Year award. Vegetarian Cooking for Everyone also received a James Beard Award, as did Local Flavors, her most recent book. She is also the author of the James Beard Award nominee This Can't Be Tofu! and The Greens Cookbook, which is now a classic. She lives in Galisteo, New Mexico.

Nutrition Facts



 PROTEIN **22.81%**  FAT **53.48%**  CARBS **23.71%**

Properties

Glycemic Index:81, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:14.486521720886%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 478.52kcal (23.93%), Fat: 29.44g (45.3%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 25.88g (9.41%), Sugar: 13.21g (14.68%), Cholesterol: 0mg (0%), Sodium: 2171.25mg (94.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.52%), Copper: 0.94mg (47.19%), Calcium: 330.39mg (33.04%), Iron: 5.83mg (32.4%), Manganese: 0.59mg (29.73%), Magnesium: 116.69mg (29.17%), Vitamin K: 25.75µg (24.52%), Phosphorus: 228.25mg (22.83%), Zinc: 2.2mg (14.69%), Fiber: 3.49g (13.94%), Vitamin B3: 2.33mg (11.67%), Vitamin B1: 0.16mg (10.8%), Vitamin B6: 0.21mg (10.59%), Folate: 40.79µg (10.2%), Potassium: 334.87mg (9.57%), Vitamin B2: 0.14mg (8.37%), Selenium: 5.76µg (8.23%), Vitamin B5: 0.56mg (5.6%), Vitamin A: 279.61IU (5.59%), Vitamin C: 2.49mg (3.02%), Vitamin E: 0.31mg (2.04%)