



Tofu Triangles with Spicy Onion Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cups rice long-grain hot cooked
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.3 teaspoon turmeric
- ☐ 2 cups onion separated thinly sliced (1 onion)
- ☐ 1 cup plum tomatoes diced (3)
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 14 ounce tofu firm drained cut into 6 (3/4-inch-thick) slices
- ☐ 0.5 cup water

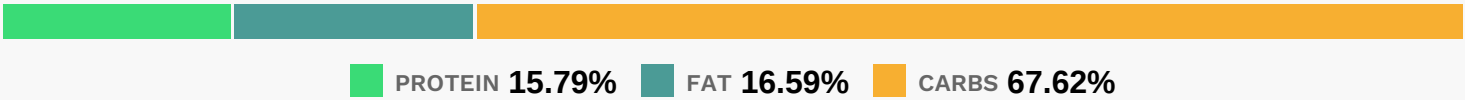
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Place the tofu slices on several layers of paper towels, and cover with additional paper towels.
- ☐ Let stand for 5 minutes, pressing down occasionally.
- ☐ Cut each tofu slice diagonally into 2 triangles. Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Place flour in a shallow dish, and dredge tofu triangles in flour.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; saut 3 minutes on each side. Set aside; keep warm.
- ☐ Add onion to pan, and stir-fry 4 minutes.
- ☐ Add the curry, salt, cumin, turmeric, and pepper, and stir-fry for 1 minute.
- ☐ Add tomato, cilantro, and sugar, and stir-fry 2 minutes.
- ☐ Add water and vinegar; bring to a boil, scraping pan to loosen browned bits. Cook 2 minutes. Spoon onion sauce over tofu.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:85.75, Glycemic Load:54.64, Inflammation Score:-9, Nutrition Score:11.653043539628%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.69mg, Quercetin: 16.69mg, Quercetin: 16.69mg, Quercetin: 16.69mg

Nutrients (% of daily need)

Calories: 393.95kcal (19.7%), Fat: 7.2g (11.07%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 66.01g (22%), Net Carbohydrates: 62.06g (22.57%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 306.4mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.41g (30.82%), Manganese: 1.03mg (51.49%), Selenium: 15.04µg (21.49%), Calcium: 174.02mg (17.4%), Vitamin C: 14.23mg (17.25%), Fiber: 3.95g (15.8%), Vitamin B6: 0.3mg (15.21%), Iron: 2.57mg (14.28%), Phosphorus: 117.79mg (11.78%), Folate: 44.12µg (11.03%), Vitamin A: 514.99IU (10.3%), Vitamin B1: 0.15mg (10.27%), Copper: 0.2mg (10.09%), Potassium: 344.88mg (9.85%), Magnesium: 38.44mg (9.61%), Vitamin B5: 0.81mg (8.08%), Vitamin B3: 1.57mg (7.87%), Vitamin K: 7.79µg (7.42%), Zinc: 1.11mg (7.38%), Vitamin E: 0.88mg (5.85%), Vitamin B2: 0.09mg (5.57%)