



Tofu with Pork and Miso



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup green onion separated chopped
- ☐ 0.3 cup ground pork
- ☐ 0.3 cup miso paste
- ☐ 1 tablespoon sesame oil
- ☐ 14 ounce spicy tofu cubed
- ☐ 0.5 cup water

Equipment

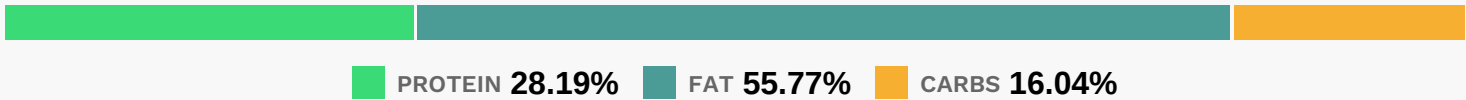
- ☐ frying pan

- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk miso into the water until dissolved; set aside.
- ☐ Heat the sesame oil in a frying pan or wok over medium-high heat. Cook the white parts of the green onion until lightly colored and fragrant, 30 seconds to 1 minute. Stir in the ground meat, and cook for a few minutes until nearly done.
- ☐ Gently stir in the tofu with the miso paste. Bring to a simmer, and cook for a few minutes to warm the tofu.
- ☐ Sprinkle with the green parts of the green onions before serving.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.15, Inflammation Score:-2, Nutrition Score:8.0665216860564%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 281.3kcal (14.07%), Fat: 17.64g (27.13%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 8.49g (3.09%), Sugar: 2.49g (2.76%), Cholesterol: 18mg (6%), Sodium: 1162.32mg (50.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.06g (40.12%), Vitamin K: 26.84µg (25.56%), Calcium: 193.47mg (19.35%), Iron: 2.69mg (14.95%), Vitamin B1: 0.22mg (14.5%), Manganese: 0.28mg (13.92%), Selenium: 8.34µg (11.91%), Fiber: 2.92g (11.7%), Phosphorus: 95.42mg (9.54%), Zinc: 1.37mg (9.12%), Vitamin B6: 0.16mg (8.08%), Vitamin B2: 0.14mg (8.04%), Copper: 0.15mg (7.64%), Vitamin B3: 1.41mg (7.03%), Magnesium: 21.48mg (5.37%), Potassium: 158.92mg (4.54%), Vitamin B12: 0.2µg (3.32%), Folate: 12.39µg (3.1%), Vitamin B5: 0.28mg (2.76%), Vitamin A: 111.42IU (2.23%), Vitamin C: 1.74mg (2.11%)