



WHATSheATE



Udon with Tofu and Asian Greens



Vegetarian



Vegan



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



11 ounce baby spinach



4 servings kosher salt and pepper freshly ground



4 tablespoons roasted peanut oil



1 pinch of pepper flakes red



1 bunch scallions thinly sliced



3 tablespoons soya sauce



1 pinch sugar



12 ounce spicy tofu firm cut into 12 pieces

☐ 8 ounce udon noodles

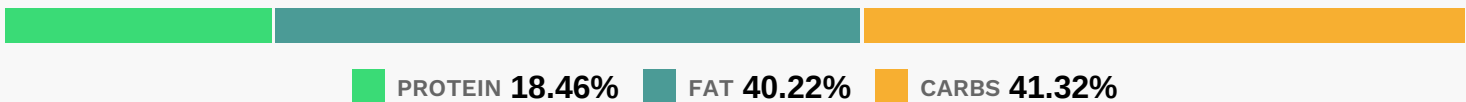
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the udon noodles as the label directs. (Don't overcook or they will get mushy.)
- ☐ Drain, reserving about 1/3 cup of the cooking water.
- ☐ Meanwhile, heat 2 tablespoons oil in a medium skillet over medium heat. Pat the tofu dry and season all over with salt and pepper.
- ☐ Add the tofu to the skillet and sear until golden brown, about 2 minutes per side. Set aside and keep warm.
- ☐ Add 1 tablespoon oil and the greens to the skillet. Cook, tossing, until just wilted.
- ☐ Add the scallions, red pepper flakes, the remaining 1 tablespoon oil, the soy sauce and sugar.
- ☐ Add the reserved cooking water; heat to create a broth. Divide the noodles and greens among 4 bowls and top with the tofu.
- ☐ Photography by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:55.36, Glycemic Load:21, Inflammation Score:-10, Nutrition Score:20.204782594805%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 5.06mg, Kaempferol: 5.06mg, Kaempferol: 5.06mg, Kaempferol: 5.06mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 416.26kcal (20.81%), Fat: 19.21g (29.55%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 38.61g (14.04%), Sugar: 6.36g (7.07%), Cholesterol: 0mg (0%), Sodium: 1694.65mg (73.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.67%), Vitamin K: 414.01µg (394.29%), Vitamin A: 7377.65IU (147.55%), Folate: 157.52µg (39.38%), Manganese: 0.78mg (38.86%), Vitamin C: 23.04mg (27.92%), Fiber: 5.79g (23.15%), Iron: 3.55mg (19.73%), Calcium: 190.72mg (19.07%), Vitamin E: 2.74mg (18.25%), Magnesium: 68.23mg (17.06%), Potassium: 480.74mg (13.74%), Vitamin B2: 0.17mg (10.17%), Vitamin B6: 0.18mg (9.16%), Copper: 0.13mg (6.25%), Phosphorus: 58.05mg (5.8%), Vitamin B3: 1.13mg (5.66%), Vitamin B1: 0.07mg (4.81%), Zinc: 0.5mg (3.31%), Selenium: 0.93µg (1.33%), Vitamin B5: 0.11mg (1.06%)