



Vietnamese Lettuce Rolls with Spicy Grilled Tofu



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 basil
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 inch carrots
- ☐ 0.8 teaspoon chili paste depending on your taste pref with garlic
- ☐ 0.5 cup cilantro leaves
- ☐ 3 tablespoons roasted peanuts chopped
- ☐ 3 garlic clove minced

- ☐ 0.5 cup honey
- ☐ 0.3 cup lemon grass fresh peeled thinly sliced
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 36 small mint leaves
- ☐ 1 head the of 1 cos lettuce
- ☐ 16 ounce tofu firm drained

Equipment

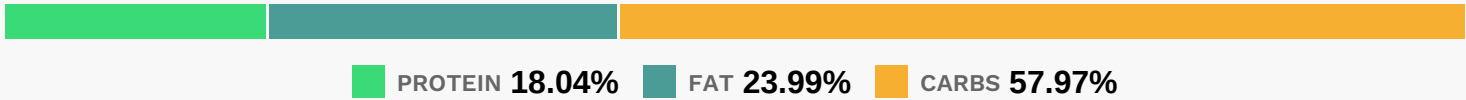
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ baking pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Cut tofu crosswise into 12 (1/2-inch) slices.
- ☐ Place tofu slices on several layers of heavy-duty paper towels. Cover tofu with additional paper towels.
- ☐ Place a cutting board on top of tofu; place a cast-iron skillet on top of cutting board.
- ☐ Let stand 30 minutes to 1 hour. (Tofu is ready when a slice bends easily without tearing or crumbling.) Arrange tofu in a single layer in a 13 x 9-inch baking dish.
- ☐ Combine juice and the next 6 ingredients (juice through garlic) in a small saucepan, and bring to a boil. Cook 1 minute, stirring until honey dissolves.
- ☐ Pour over tofu. Cover and let stand at room temperature 1 hour.
- ☐ Prepare grill.
- ☐ Remove tofu from dish, and reserve marinade. Coat tofu with cooking spray.
- ☐ Place tofu on grill rack coated with cooking spray. Grill 3 minutes on each side or until browned.

- ☐
- Remove 12 large outer leaves from lettuce head; reserve remaining lettuce for another use.
- ☐
- Remove bottom half of each lettuce leaf; reserve for another use.
- ☐
- Place 1 tofu slice on each lettuce leaf top. Top each leaf top with 2 teaspoons cilantro, 3/4 teaspoon peanuts, 3 mint leaves, 3 carrot strips, and 1 basil leaf. Wrap leaf around toppings.
- ☐
- Serve with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:69.53, Glycemic Load:18.74, Inflammation Score:-10, Nutrition Score:22.477826097737%

Flavonoids

Eriodictyol: 3.45mg, Eriodictyol: 3.45mg, Eriodictyol: 3.45mg, Eriodictyol: 3.45mg Hesperetin: 3.63mg, Hesperetin: 3.63mg, Hesperetin: 3.63mg, Hesperetin: 3.63mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 322.57kcal (16.13%), Fat: 9.33g (14.35%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 44.66g (16.24%), Sugar: 37.73g (41.92%), Cholesterol: 0mg (0%), Sodium: 345.31mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Vitamin A: 14442.02IU (288.84%), Vitamin K: 172.2µg (164%), Folate: 245.56µg (61.39%), Manganese: 0.89mg (44.74%), Vitamin C: 20.2mg (24.49%), Calcium: 243.36mg (24.34%), Fiber: 6.04g (24.15%), Iron: 4.3mg (23.87%), Potassium: 644mg (18.4%), Magnesium: 55.34mg (13.83%), Phosphorus: 112.19mg (11.22%), Vitamin B2: 0.19mg (11.11%), Vitamin B6: 0.22mg (11.04%), Vitamin B1: 0.17mg (11.03%), Copper: 0.21mg (10.6%), Vitamin B3: 2.07mg (10.36%), Zinc: 0.94mg (6.24%), Vitamin B5: 0.48mg (4.83%), Selenium: 1.99µg (2.84%), Vitamin E: 0.38mg (2.51%)