



Vietnamese Tofu Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup chilli sauce sweet
- 1 bunch cilantro leaves chopped
- 2 large cucumber peeled thinly sliced
- 2 tablespoons garlic chopped
- 0.3 cup juice of lime
- 0.5 cup peanuts
- 2 tablespoons soya sauce
- 14 ounce spicy tofu cubed drained

1 tablespoon vegetable oil

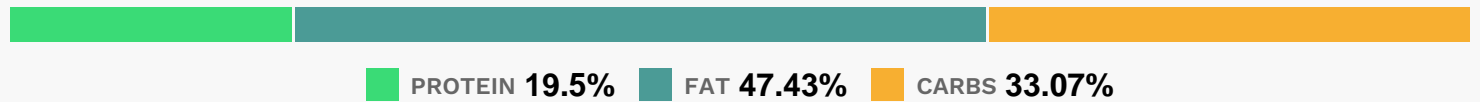
Equipment

frying pan

Directions

- Heat the vegetable oil over medium heat in a large frying pan. Cook the garlic until fragrant, about 30 seconds. Gently stir in the tofu and peanuts; cook until the tofu has lightly browned.
- Pour in the soy sauce, and cook, stirring frequently, until absorbed by the tofu.
- Remove from heat and let cool. Refrigerate for at least 1 hour.
- Toss the sliced cucumbers together with the chili sauce, lime juice, and cilantro. Gently fold in the chilled tofu.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:7.3826086210168%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 210.33kcal (10.52%), Fat: 11.52g (17.73%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 15.43g (5.61%), Sugar: 11.95g (13.28%), Cholesterol: 0mg (0%), Sodium: 556.12mg (24.18%), Alcohol: 0g (100%), Protein: 10.66g (21.32%), Manganese: 0.47mg (23.57%), Vitamin K: 15.13µg (14.41%), Calcium: 116.98mg (11.7%), Folate: 45.26µg (11.32%), Vitamin B3: 2.26mg (11.28%), Fiber: 2.65g (10.59%), Copper: 0.2mg (9.88%), Magnesium: 38.29mg (9.57%), Iron: 1.7mg (9.42%), Vitamin C: 7.2mg (8.73%), Vitamin B1: 0.12mg (8.22%), Phosphorus: 80.74mg (8.07%), Potassium: 259.61mg (7.42%), Vitamin B6: 0.14mg (7.04%), Vitamin B5: 0.5mg (4.98%), Vitamin B2: 0.06mg (3.26%), Zinc: 0.49mg (3.25%), Vitamin A: 162.46IU (3.25%), Selenium: 1.42µg (2.03%), Vitamin E: 0.27mg (1.81%)