



Warm Tofu with Spicy Garlic Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic chopped
- ☐ 1 teaspoon pepper hot
- ☐ 0.3 cup spring onion chopped
- ☐ 1 tablespoon sesame oil
- ☐ 2 teaspoons sesame seed with side of a heavy knife crushed toasted
- ☐ 3 tablespoons soya sauce
- ☐ 0.5 teaspoon sugar
- ☐ 14 ounces spicy tofu soft (not silken)

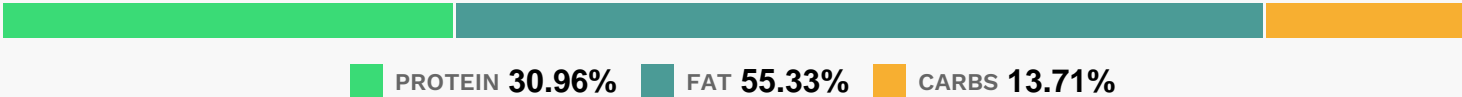
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Carefully rinse tofu, then cover with cold water in a medium saucepan. Bring to a simmer over medium-high heat, then keep warm, covered, over very low heat.
- ☐ Meanwhile, mince and mash garlic to a paste with a pinch of salt. Stir together with remaining ingredients (except tofu).
- ☐ Just before serving, carefully lift tofu from saucepan with a large spatula and drain on paper towels. Gently pat dry, then transfer to a small plate. Spoon some sauce over tofu and serve warm.
- ☐ Serve remaining sauce on the side.
- ☐ •Sauce can be made 1 day ahead and chilled. Bring to room temperature before using. •Tofu can be kept warm up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.8043478131294%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 67.29kcal (3.36%), Fat: 4.23g (6.51%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 383.76mg (16.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Calcium: 72mg (7.2%), Vitamin K: 6.98µg (6.65%), Iron: 0.92mg (5.14%), Manganese: 0.06mg (3.08%), Fiber: 0.69g (2.74%), Vitamin A: 105.36IU (2.11%), Copper: 0.04mg

(1.79%), Vitamin B3: 0.34mg (1.69%), Vitamin B6: 0.03mg (1.46%), Phosphorus: 14.4mg (1.44%), Magnesium: 5.55mg (1.39%)