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## Marinated Tofu ♦♦

Marinated tofu is a delicious vegan dish that can be enjoyed as a main course or added to salads and stir-fries. This recipe combines the flavors of soy sauce, garlic, and ginger to create a savory and flavorful dish. The tofu is marinated for at least 30 minutes to absorb the flavors before being cooked. It can be grilled, baked, or pan-fried depending on your preference. Marinated tofu is a versatile and healthy option for vegans and vegetarians.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>400 g</b>	tofu
<b>4 tbsp</b>	soy sauce
<b>2 cloves</b>	garlic

1 tsp	Ginger
2 tbsp	vegetable oil
1 tsp	Salt

## Directions

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### Step 1

Press the tofu to remove excess moisture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a bowl, mix soy sauce, minced garlic, grated ginger, vegetable oil, and salt to make the marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Cut

Cut the tofu into cubes or slices and place them in a shallow dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Pour the marinade over the tofu, making sure all pieces are coated.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Refrigerating

Cover the dish and let the tofu marinate in the refrigerator for at least 30 minutes, or up to overnight for more flavor.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Preheating

Preheat the grill or heat a non-stick pan over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Grilling, pan-frying

Grill or pan-fry the tofu for about 5-7 minutes on each side, until it is golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 8

Serving

Serve the marinated tofu hot as a main course or use it in salads and stir-fries.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 144 kcal

**Fat:** 10 g

**Protein:** 12 g

**Carbohydrates:** 3 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	682 mg	29.65%	29.65%
Calcium	138 mg	13.8%	13.8%
Iron	3 mg	37.5%	16.67%
Potassium	115 mg	3.38%	4.42%
Zinc	1 mg	9.09%	12.5%
Selenium	9 mcg	16.36%	16.36%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Cuisines

Italian Chinese Indian Mexican French Thai Japanese  
Mediterranean Greek Spanish German Korean Vietnamese American  
Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker  
Pressure Cooker Air Fryer

### Meal Type

Brunch Lunch Dinner Snack Supper

### Difficulty Level

Medium

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