

# Chinese Tofu Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tofu-celery-pork-recipe>

## Ingredients:

- 1 cup red bell pepper julienned
- 1 cup red onion thinly sliced
- 1 cup carrot julienned
- 1 cup cucumber julienned
- 1 cup celery julienned
- 8 ounces tofu pack shredded five-spiced
- 1 tablespoon light olive oil
- 1 teaspoon minced garlic
- 1 1/2 teaspoons sugar
- 1/4 teaspoon ground white pepper freshly
- 2 tablespoons light soy sauce
- 1 tablespoon chinese black vinegar
- 1 teaspoon sesame oil
- 1 tablespoon toasted sesame seeds
- 1 cup chopped cilantro

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 15 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 500 milligrams
8. Sugar: 7 grams

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