

# Crispy Pan-Fried Tofu

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pan-fried-tofu-recipe>

## Ingredients:

- 3 tablespoons neutral oil
- 2 pounds tofu sliced crosswise 1/4 to 1 inch thick and patted dry
- salt

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 5 grams
3. Fat: 22 grams
4. Protein: 18 grams
5. SaturatedFat: 3 grams
6. Sodium: 210 milligrams

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