

Sesame Stir-Fried Tofu

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 pound tofu firm organic
- 1 lime juiced large
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1/2 teaspoon fine sea salt
- 2 teaspoons canola oil
- sesame seeds to garnish, optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 4 grams
3. Fat: 13 grams
4. Protein: 10 grams
5. SaturatedFat: 2 grams
6. Sodium: 750 milligrams

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