

The Best Way to Cook Tofu

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/tofu-cheesecake-recipes>

Ingredients:

- 1 pound tofu block of, cut into 1 inch wide, 1/2 inch thick, and 2 inch long pieces, see pictures
- 1/4 cup soy sauce
- 1 tablespoon sambal olek chili paste
- 1 tablespoon sesame oil
- 1 tablespoon honey

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 8 grams
3. Fat: 9 grams
4. Protein: 10 grams
5. SaturatedFat: 1.5 grams
6. Sodium: 910 milligrams
7. Sugar: 5 grams

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