Dubu jorim

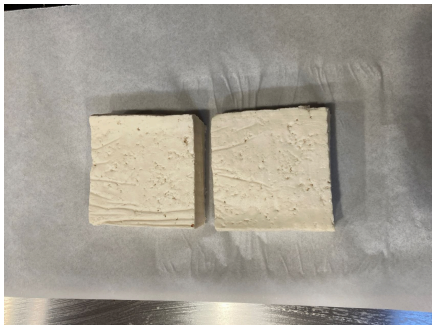
Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	Protein Foundations	VG, GF, NF	12	11.94 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/2 cup	4.70 oz	0%	4.70 oz	Soy Sauce, low sodium	For marinade: To a mixing bowl combine soy sauce and cornstarch. Whisk together until cornstarch is dissolved. Add gochujang, vinegar, syrup, and garlic. Whisk together until combined. Reserve.
	1 tbsp	0.28 oz	0%	0.28 oz	Cornstarch	
	1/4 cup	4.52 oz	0%	4.52 oz	Sauce, Gochujang	
	1/4 cup	2.08 oz	0%	2.08 oz	Vinegar, Rice Wine	
	1/4 cup	2.76 oz	0%	2.76 oz	Syrup, Maple	
	2 tbsp	1.06 oz	12%	1.20 oz	Garlic, cloves, peeled, minced	



Sauce mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/2 cup	3.84 oz	0%	3.84 oz	Oil, Canola	For tofu: In a large sauté pan, heat oil over medium-high heat. Add tofu and cook for 5 minutes on both sides or until golden brown. Remove tofu from pan and set aside. Keep pan with oil for next step.
	4 cup	2 lb 3.75 oz	2%	2 lb 4.37 oz	Tofu, Extra Firm *Cut into 2x2" squares*	



2oz tofu squares



Cooked tofu

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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						In same pan, pour in reserved sauce. Bring to a boil for 3-5 minutes, until it reaches a syrup like consistency. Turn heat to low, add tofu back in. Simmer tofu in sauce for 5-10 minutes, to absorb flavor. If sauce gets too thick, thin out with a little warm water.



Reduced sauce



Tofu added to sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	15 cup	3 lb 0.75 oz	12%	3 lb 7.71 oz	Bok Choy, Regular, fresh, chopped	For bok choy: In a large sauté pan or flat top heat oil over medium-high heat. Add bok choy and sauté for 3-5 minutes until vibrant green and tender.
	1/4 cup	1.92 oz	0%	1.92 oz	Oil, Canola	



Chopped bok choy

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	5 1/2 cup	2 lb 3.75 oz	0%	2 lb 3.75 oz	Rice, White, long grain	For service: Place 3 ounces of rice in a bowl, top with 3 ounces of bok choy and 4 ounces of tofu. Garnish with 1 tablespoon of green onion and 1/4 teaspoon of sesame seeds.
	3/4 cup	1.50 oz	17%	1.81 oz	Onions, Green, sliced thinly on bias	
	1 tbsp	0.33 oz	0%	0.33 oz	Sesame Seeds, White *Optional*	

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RECIPE IMAGES



Dubu jorim



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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	18.93 g	30.38 %
Saturated	1.84 g	2.95 %
Monounsaturated	9.86 g	15.83 %
Polyunsaturated	6.59 g	10.57 %
Trans fatty acids	0.05 g	0.09 %
Cholesterol	0.00 mg	
Linolenic acid	4.96 g	7.96 %
Alpha-linolenic acid	1,244.08 mg	2.00 %
Total Carbohydrate	80.18 g	59.11 %
Sugars total	7.25 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	2.80 g	0.97 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
Protein	15.76 g	11.62 %
Alcohol	0.00 g	0.00 %

Calories	
551.13 kcal	
2,305.93 kJ	

Minerals	
Salt	2.11 g
Salt	0.62 %
Sodium	939.85 mg
Phosphorus	241.98 mg
Potassium	572.61 mg
Iron	9.31 mg
Calcium	462.77 mg
Zinc	2.03 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	76.90 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	21.64 µg
Copper	0.42 mg

Vitamins	
Vitamin A	263.92 µg
Vitamin D	0.00 µg
Thiamine	0.62 mg
Riboflavin	0.27 mg
Niacin	4.67 mg
Vitamin B6	0.45 mg
Vitamin B12	0.00 µg
Folate	188.34 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	53.17 mg
Vitamin E	2.59 mg
Vitamin K	69.80 µg

Others	
Water	205.50 g

CO2



0.44 kg

Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.

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