



 6%
HEALTH SCORE

Bacon Wrapped Tofu Tacos

READY IN



45 min.

SERVINGS



10

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz tofu firm drained
- 1 package flour tortilla
- 8 oz cream cheese softened
- 3 small jalapeno fresh diced
- 2 cups monterrey jack cheese shredded
- 1 pound bacon cooked
- 1 cup chicken broth
- 1 bottle olive oil
- 1 teaspoon cumin

- 1 teaspoon chili powder
- 1 teaspoon paprika
- 2 garlic clove minced

Equipment

- bowl
- frying pan
- whisk
- aluminum foil
- stove

Directions

- In a small bowl combine the cumin, chili powder, paprika, 1 minced clove of garlic and 2 tbsp of olive oil. Slice the tofu very thin, about 1/2 inch per slice, then rub each slice with the spice mixture. Set aside.
- Heat about 1 tbsp olive oil over medium high heat in a large pan.
- Add the tofu, a few slices at a time, watching carefully. Flip after about 1-2 minutes. Cook until done I let mine cook about 2-3 minutes per side. Half each piece, wrap with bacon, then set aside and cover with aluminum foil.
- Do NOT wash the pan out now put it back on the stove, reduce heat to medium and add the remaining minced garlic clove, 1 tbsp olive oil and diced jalapeno.
- Saute until the peppers are almost getting a little bit brown and everything is fragrant.
- Add the cream cheese, 1/2 cup cheese and chicken broth.
- Whisk and bring to a slight boil; reducing the heat if you have to, preventing it from scorching. Once its combined and a sauce consistency, salt and pepper to your taste and pour into a separate bowl; cover.
- Bring the heat back up to medium-high, and add another tablespoon of olive oil to the pan. When hot add one tortilla at a time, turning after about 15-20 seconds to the other side. Your end result will be tortillas slightly brown around the edges and a little bubbly in the middle.
- Set aside and cover.

To serve, stuff a tortilla with bacon-wrapped tofu, and drizzle the jalapeno creme on top and some Monterey jack.

Nutrition Facts

PROTEIN 22.63% **FAT 62.96%** **CARBS 14.41%**

Properties

Glycemic Index:18.5, Glycemic Load:4.99, Inflammation Score:-6, Nutrition Score:14.652173913043%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Taste

Sweetness: 22.02%, Saltiness: 100%, Sourness: 23.17%, Bitterness: 24.07%, Savoriness: 67.42%, Fattiness: 87.37%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 497.42kcal (24.87%), Fat: 34.6g (53.22%), Saturated Fat: 15.37g (96.07%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 16.26g (5.91%), Sugar: 2.44g (2.71%), Cholesterol: 88.4mg (29.47%), Sodium: 1269.67mg (55.2%), Protein: 27.97g (55.95%), Selenium: 34.8µg (49.71%), Phosphorus: 364.08mg (36.41%), Vitamin B3: 6.22mg (31.09%), Calcium: 284.94mg (28.49%), Vitamin B1: 0.42mg (27.68%), Vitamin B2: 0.35mg (20.46%), Vitamin B6: 0.32mg (16.22%), Zinc: 2.39mg (15.9%), Vitamin A: 701.31IU (14.03%), Iron: 2.3mg (12.79%), Vitamin B12: 0.74µg (12.28%), Potassium: 339.05mg (9.69%), Manganese: 0.19mg (9.65%), Folate: 34.04µg (8.51%), Magnesium: 30.83mg (7.71%), Vitamin B5: 0.76mg (7.56%), Vitamin C: 5.19mg (6.29%), Fiber: 1.55g (6.21%), Vitamin E: 0.76mg (5.07%), Copper: 0.1mg (5.04%), Vitamin K: 4.31µg (4.1%), Vitamin D: 0.32µg (2.11%)