

Barb-a-fu

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



318 kcal

SIDE DISH

Ingredients

- 0.8 cup barbecue sauce
- 0.3 teaspoon chili powder to taste
- 3 tablespoons cornmeal
- 12 ounce tofu cut into 1/ slices
- 1 tablespoon flour all-purpose
- 1 teaspoon garlic powder to taste
- 1 tablespoon olive oil
- 0.3 cup onion minced

- 0.1 teaspoon pepper red crushed to taste
- 3 servings salt and pepper to taste
- 1 teaspoon soya sauce

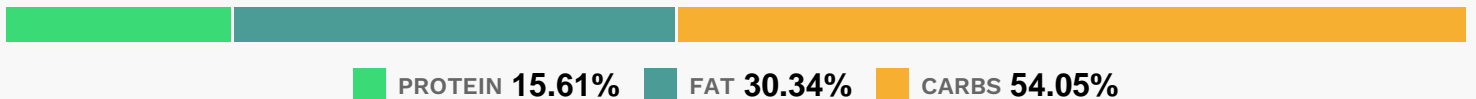
Equipment

- sauce pan
- oven
- baking pan
- ziploc bags
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch glass baking dish with cooking spray.
- Combine cornmeal, flour, red pepper flakes, garlic powder, chili powder, salt, and pepper in a resealable plastic bag; shake to mix. Gently shake tofu slices with cornmeal mixture to coat, then shake off excess, and place into prepared baking dish.
- Bake tofu in preheated oven for 10 minutes, then turn the pieces over and continue to cook for an additional 10 minutes. Meanwhile, heat olive oil in a saucepan over medium heat.
- Add minced onion and cook until softened and translucent, about 3 minutes. Stir in soy sauce and barbeque sauce. Bring to a simmer, then turn heat to low and keep warm until the tofu is ready.
- When tofu has finished baking, pour the hot barbeque sauce ovetop, then return to the oven and bake for an additional 5 minutes.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:5.6826086977254%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 317.54kcal (15.88%), Fat: 10.78g (16.58%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 40.21g (14.62%), Sugar: 24.88g (27.65%), Cholesterol: 0mg (0%), Sodium: 1052.27mg (45.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Calcium: 171.57mg (17.16%), Iron: 2.44mg (13.54%), Fiber: 2.98g (11.91%), Manganese: 0.21mg (10.65%), Vitamin E: 1.39mg (9.25%), Vitamin B6: 0.16mg (7.78%), Potassium: 241.35mg (6.9%), Magnesium: 23.83mg (5.96%), Vitamin B1: 0.08mg (5.22%), Phosphorus: 50.86mg (5.09%), Vitamin B3: 0.95mg (4.76%), Copper: 0.1mg (4.76%), Vitamin A: 234.55IU (4.69%), Vitamin B2: 0.07mg (4.24%), Vitamin K: 4.45µg (4.23%), Selenium: 2.75µg (3.93%), Zinc: 0.52mg (3.48%), Folate: 12.84µg (3.21%), Vitamin B5: 0.22mg (2.21%), Vitamin C: 1.43mg (1.73%)