



Barbecued-Tofu Sandwich

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 0.3 cup flour all-purpose
- 8 ounce hawaiian rolls
- 0.1 teaspoon salt
- 14 ounce tofu firm drained cut into 8 (1/2-inch-thick) slices
- 1 teaspoon vegetable oil

Equipment

- frying pan

- paper towels
- knife
- measuring cup

Directions

- Place tofu on several layers of paper towels; cover with additional paper towels.
- Let stand 1 hour, pressing down occasionally.
- Sprinkle slices with salt.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour in a shallow dish; dredge tofu slices in flour.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add tofu; brush half of barbecue sauce over tofu, and cook 2 minutes. Turn slices over; brush with remaining barbecue sauce, and cook 3 minutes or until tofu is glazed.
- Place 2 tofu slices on bottom halves of buns; cover with tops of buns.

Nutrition Facts

PROTEIN 15.65% **FAT 18.15%** **CARBS 66.2%**

Properties

Glycemic Index:38, Glycemic Load:22.95, Inflammation Score:-4, Nutrition Score:10.556956462238%

Nutrients (% of daily need)

Calories: 412.38kcal (20.62%), Fat: 8.26g (12.71%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 67.81g (22.6%), Net Carbohydrates: 65.07g (23.66%), Sugar: 28.19g (31.32%), Cholesterol: 0mg (0%), Sodium: 1093.39mg (47.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.07%), Selenium: 19.88µg (28.4%), Vitamin B1: 0.41mg (27.07%), Manganese: 0.47mg (23.74%), Calcium: 230.88mg (23.09%), Iron: 4.08mg (22.65%), Folate: 73.79µg (18.45%), Vitamin B3: 3.41mg (17.06%), Vitamin B2: 0.26mg (15.29%), Fiber: 2.74g (10.96%), Phosphorus: 82.82mg (8.28%), Potassium: 246.21mg (7.03%), Copper: 0.13mg (6.42%), Magnesium: 24.63mg (6.16%), Vitamin K: 6.11µg (5.82%), Vitamin E: 0.82mg (5.49%), Vitamin B6: 0.09mg (4.7%), Zinc: 0.61mg (4.06%), Vitamin A: 160.73IU (3.21%), Vitamin B12: 0.11µg (1.89%), Vitamin B5: 0.16mg (1.63%), Vitamin C: 1.17mg (1.41%)