



Broccoli Tofu Pitas

 Vegetarian  Vegan  Dairy Free

READY IN



17 min.

SERVINGS



2

CALORIES



317 kcal

Ingredients

- 1 cup broccoli florets fresh
- 1 pita bread
- 2 tablespoons thousand island dressing
- 1 cup spicy tofu diced firm
- 1 tablespoon vegetable oil

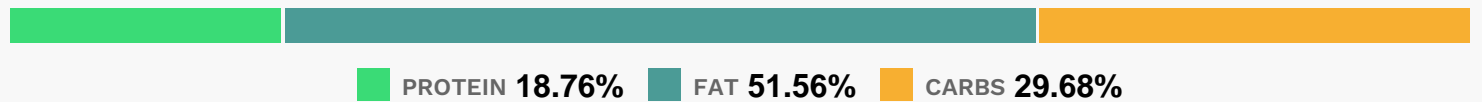
Equipment

- frying pan

Directions

- In a skillet over medium high heat, heat the tablespoon of oil. Fry broccoli in hot oil for 5 minutes, then stir in the tofu. Cook until broccoli is slightly tender, about 3 to 4 more minutes.
- Remove from heat and toss with the salad dressing.
- Cut pita bread in half and stuff each pocket with half of the mixture. Other types of dressing may be used in place of thousand island if desired.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:15.4, Inflammation Score:-5, Nutrition Score:11.480869624926%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 317.38kcal (15.87%), Fat: 18.38g (28.27%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 20.89g (7.59%), Sugar: 3.58g (3.97%), Cholesterol: 4.16mg (1.39%), Sodium: 323.98mg (14.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Vitamin K: 69.97µg (66.64%), Vitamin C: 40.59mg (49.2%), Vitamin B1: 0.34mg (22.5%), Calcium: 203.18mg (20.32%), Iron: 2.4mg (13.35%), Manganese: 0.24mg (11.83%), Fiber: 2.92g (11.68%), Vitamin E: 1.55mg (10.34%), Folate: 35.38µg (8.85%), Vitamin A: 317.23IU (6.34%), Phosphorus: 61.51mg (6.15%), Potassium: 194.5mg (5.56%), Vitamin B2: 0.09mg (5.27%), Vitamin B3: 0.96mg (4.79%), Magnesium: 18.11mg (4.53%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.37mg (3.72%), Copper: 0.07mg (3.47%), Zinc: 0.46mg (3.09%), Selenium: 1.38µg (1.97%)