



Broiled, Marinated Tofu Sandwich



Vegetarian



Dairy Free

READY IN



550 min.

SERVINGS



5

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 onion red thinly sliced
- ☐ 5 roma tomatoes sliced
- ☐ 1 pound spicy tofu firm
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 10 slices bread whole wheat

Equipment

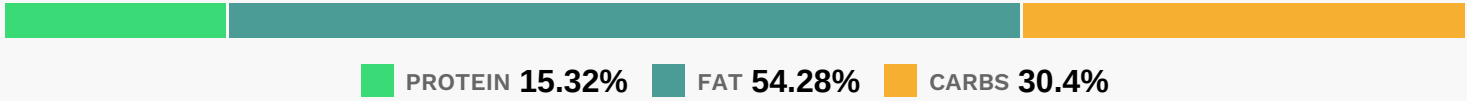
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ Cut tofu into 10 thin slices. Set on a baking sheet, cover with another baking sheet, and weigh down with something heavy, such as a large can of food.
- ☐ Drain until excess water is removed, at least 30 minutes.
- ☐ Heat olive oil in a small cast iron skillet over medium heat. Toast ground cumin, chili powder, and oregano in the hot oil until spices are aromatic, about 2 to 3 minutes.
- ☐ Transfer oil and spice mixture to a saucepan over medium heat; stir in minced garlic, white wine vinegar, and white wine. Bring to a simmer, then remove marinade from heat.
- ☐ Place drained tofu into a glass dish; pour marinade over tofu. Cover with plastic wrap; refrigerate for at least 8 hours.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Remove tofu from marinade; pat dry with paper towels and place on broiler rack. Broil on each side until skin is crisp, about 6 minutes per side.

☐ To assemble, spread mayonnaise on one side of each slice of bread; place 2 tofu slices on 5 of the bread slices; top tofu with sliced tomato, arugula, red onion, salt, black pepper, and remaining slices of bread.

Nutrition Facts



Properties

Glycemic Index:63.74, Glycemic Load:16.01, Inflammation Score:-7, Nutrition Score:15.736086850581%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 427.03kcal (21.35%), Fat: 25.42g (39.11%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 26.54g (9.65%), Sugar: 5.61g (6.23%), Cholesterol: 4.7mg (1.57%), Sodium: 337.47mg (14.67%), Alcohol: 1.24g (100%), Alcohol %: 0.55% (100%), Protein: 16.14g (32.28%), Manganese: 1.38mg (69.03%), Vitamin K: 40.17µg (38.26%), Calcium: 233.47mg (23.35%), Fiber: 5.49g (21.98%), Selenium: 15.08µg (21.54%), Vitamin E: 2.7mg (18.02%), Iron: 3.24mg (17.97%), Vitamin B1: 0.26mg (17.34%), Phosphorus: 151.42mg (15.14%), Vitamin B3: 2.95mg (14.75%), Magnesium: 57.85mg (14.46%), Vitamin A: 686.68IU (13.73%), Vitamin C: 11.18mg (13.55%), Vitamin B6: 0.23mg (11.45%), Folate: 42.16µg (10.54%), Potassium: 365.49mg (10.44%), Copper: 0.19mg (9.42%), Zinc: 1.22mg (8.14%), Vitamin B2: 0.12mg (7.24%), Vitamin B5: 0.52mg (5.21%)