



Broiled Tofu with Cilantro Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



12

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons fish sauce
- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups cilantro leaves fresh packed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup olive oil for brushing
- ☐ 2 tablespoons pinenuts
- ☐ 12 servings pinenuts fresh
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon sesame oil
- ☐ 1 teaspoon sugar
- ☐ 28 oz tofu firm rinsed drained

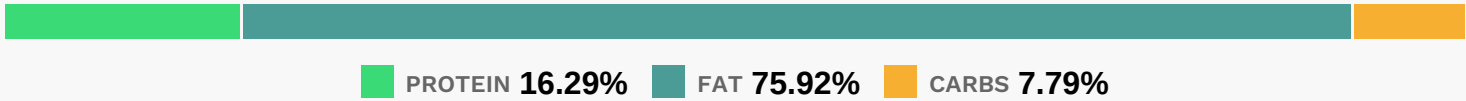
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ baking pan
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler and lightly oil a shallow flameproof baking pan with olive oil.
- ☐ Cut each block of tofu crosswise into 6 slices and pat dry between several layers of paper towels. Arrange in 1 layer in baking pan and brush tops of slices with more olive oil. Broil 4 to 6 inches from heat, without turning, until golden brown, about 15 minutes.
- ☐ While tofu is broiling, purée cilantro, pine nuts, lime juice, fish sauce, sesame oil, sugar, remaining 1/4 cup olive oil, salt, and pepper in a food processor until bright green and smooth, about 1 minute.
- ☐ Transfer tofu with a slotted spatula to a platter and serve with cilantro pesto.
- ☐ Pesto can be made 3 days ahead and chilled in an airtight container.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:6.4747825724923%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 179.42kcal (8.97%), Fat: 15.74g (24.22%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.03g (1.15%), Cholesterol: 0mg (0%), Sodium: 179.62mg (7.81%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Manganese: 1.04mg (52.19%), Vitamin K: 17.35µg (16.52%), Vitamin E: 1.81mg (12.07%), Calcium: 87.15mg (8.71%), Iron: 1.52mg (8.46%), Copper: 0.16mg (8.06%), Magnesium: 31.86mg (7.97%), Phosphorus: 68.64mg (6.86%), Zinc: 0.77mg (5.13%), Fiber: 1.05g (4.18%), Vitamin A: 184.19IU (3.68%), Vitamin B1: 0.04mg (2.98%), Vitamin B3: 0.57mg (2.83%), Potassium: 88.23mg (2.52%), Vitamin B2: 0.03mg (1.86%), Folate: 6.26µg (1.56%), Vitamin C: 1.19mg (1.45%)