



 **9%**
HEALTH SCORE

Caramelized Tofu & Gala Apple Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 14 ounces tofu
- 1 gala apple diced peeled
- 2 cloves garlic minced
- 3 cups curly leaf lettuce green
- 12 pecans raw

0.3 cup water

Equipment

frying pan

baking sheet

oven

kitchen towels

Directions

First thing of action: bake your tofu. Preheat the oven to 350F.

Let tofu sit on a kitchen towel for 15 minutes, turning once, to absorb moisture.

Cut tofu into 1 inch cubes.

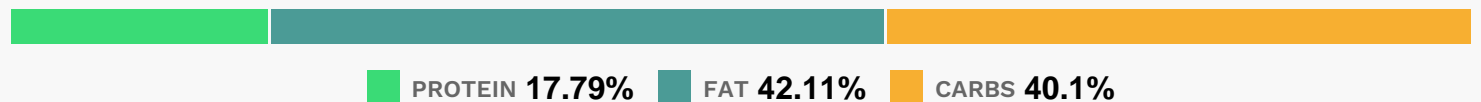
Brush them lightly with vegetable oil (I always use olive oil, but I am certain that this recipe would be best with a peanut oil).

Place them on a baking sheet and bake for 35 minutes, turning once. In a small pan, heat butter and garlic on low until the butter has just almost melted.

Add the apples, tofu, and salt. Bring heat up to medium, and cook for about 4 minutes. At this point you should add the water and stir every minute for the next 6–7 additional minutes, or until there is little moisture left in the pan. Turn off the heat, and add the brown sugar. Stir to incorporate all of the sugar.

Place on top of salad lettuce.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:14.569565217391%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.71mg, Epigallocatechin:

0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Taste

Sweetness: 100%, Saltiness: 4.77%, Sourness: 35.05%, Bitterness: 15.51%, Savoriness: 3.5%, Fattiness: 38.68%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 426.02kcal (21.3%), Fat: 20.71g (31.86%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 39.04g (14.2%), Sugar: 34.13g (37.92%), Cholesterol: 15.05mg (5.02%), Sodium: 77.69mg (3.38%), Protein: 19.68g (39.36%), Vitamin A: 4227.74IU (84.55%), Vitamin K: 70.88µg (67.5%), Calcium: 306.76mg (30.68%), Manganese: 0.61mg (30.52%), Fiber: 5.34g (21.37%), Iron: 3.39mg (18.83%), Vitamin C: 10.18mg (12.34%), Copper: 0.17mg (8.3%), Potassium: 282.2mg (8.06%), Vitamin B1: 0.12mg (7.67%), Vitamin B6: 0.15mg (7.54%), Folate: 25.64µg (6.41%), Magnesium: 25.08mg (6.27%), Phosphorus: 56.17mg (5.62%), Vitamin B2: 0.08mg (4.91%), Zinc: 0.57mg (3.77%), Vitamin E: 0.56mg (3.77%), Vitamin B5: 0.26mg (2.58%), Vitamin B3: 0.43mg (2.17%), Selenium: 1.43µg (2.04%)