



 **14%**
HEALTH SCORE

Cauliflower and Tofu Masala

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce tomato sauce canned
- 1 small head cauliflower cut into florets
- 0.5 teaspoon ground pepper
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced
- 2 teaspoons garam masala
- 4 cloves garlic minced
- 4 teaspoons ground coriander

- 2 teaspoons ground cumin
- 2 cups half and half
- 2 tablespoons juice of lemon
- 1 teaspoon paprika
- 1 cup peas frozen
- 0.5 cup yogurt plain
- 0.5 teaspoon salt
- 3 serrano chiles minced seeded
- 16 ounce spicy tofu
- 2 tablespoons butter unsalted

Equipment

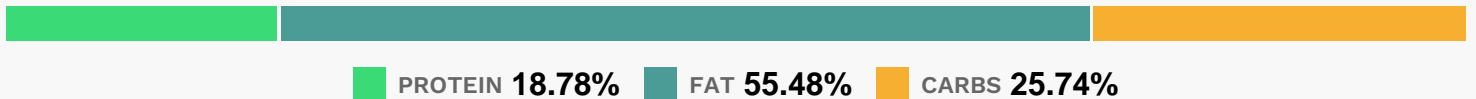
- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Place the block of tofu onto a plate and place another plate on top. Set a 3 to 5 pound weight on top (a container filled with water works well). Press the tofu for 20 to 30 minutes, then drain off and discard the accumulated liquid.
- Preheat an oven to 375 degrees F (190 degrees C). Grease a baking sheet.
- Whisk the yogurt, lemon juice, 2 teaspoons cumin, cayenne pepper, paprika, 1 teaspoon garam masala, and minced ginger together in a bowl.
- Cut the tofu into 1/2-inch cubes, and gently stir into the yogurt mixture. Arrange the tofu cubes onto the prepared baking sheet so they do not touch each other.
- Bake the tofu in the preheated oven until the tofu has firmed and the sauce is no longer sticky, 45 minutes to 1 hour. Gently turn the tofu every 15 minutes during baking.

- Meanwhile, melt the butter in a large skillet over medium heat. Cook the garlic and serrano peppers in the hot butter until softened, about 3 minutes. Stir in the coriander, 2 teaspoons cumin, 2 teaspoons garam masala, and salt. Cook another minute to release the fragrance of the spices.
- Add the tomato sauce and cauliflower florets; cover and cook, stirring frequently until the cauliflower is tender, about 15 minutes.
- Once the cauliflower is tender, stir in the half-and-half, peas, cilantro, and baked tofu cubes. Bring to a simmer, and cook 5 minutes, or until your desired thickness is attained.

Nutrition Facts



Properties

Glycemic Index:71.08, Glycemic Load:4.88, Inflammation Score:-9, Nutrition Score:22.003912816877%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 420.88kcal (21.04%), Fat: 27.13g (41.74%), Saturated Fat: 13.54g (84.6%), Carbohydrates: 28.33g (9.44%), Net Carbohydrates: 20.64g (7.51%), Sugar: 14.66g (16.28%), Cholesterol: 61.38mg (20.46%), Sodium: 948.29mg (41.23%), Alcohol: 0g (0%), Protein: 20.66g (41.32%), Vitamin C: 62.52mg (75.78%), Calcium: 381.98mg (38.2%), Vitamin A: 1875.27IU (37.51%), Fiber: 7.69g (30.75%), Vitamin B2: 0.47mg (27.63%), Vitamin K: 28.9µg (27.52%), Phosphorus: 268.18mg (26.82%), Potassium: 937.87mg (26.8%), Manganese: 0.53mg (26.41%), Iron: 4.58mg (25.44%), Vitamin B6: 0.45mg (22.68%), Folate: 81.56µg (20.39%), Magnesium: 69.56mg (17.39%), Vitamin E: 2.54mg (16.96%), Vitamin B1: 0.23mg (15.14%), Copper: 0.29mg (14.49%), Vitamin B5: 1.37mg (13.65%), Vitamin B3: 2.66mg (13.28%), Zinc: 1.77mg (11.79%), Selenium: 7.45µg (10.64%), Vitamin B12: 0.36µg (5.92%)