



Chipotle Barbecued Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon celery seed
- 2 tablespoons chipotles in adobo chopped
- 1 tablespoon apple cider vinegar
- 0.3 teaspoon cinnamon
- 2 packages tofu
- 4 cloves garlic clove minced
- 0.5 cup catsup organic

- 1 medium onion chopped
- 1 teaspoon tamari sauce
- 1 tablespoon sugar (or other sugar or agave nectar)
- 1 tablespoon coarse mustard

Equipment

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- baking pan
- kitchen towels

Directions

- Place them on a double layer of paper towels or a clean tea towel (non-fuzzy) and place another double layer over them. Press firmly with your hands to remove as much moisture as possible.
- Let them sit on the absorbent material while you make the sauce.
- Heat a saucepan and add the onion. Cook, stirring, over medium-high heat until onion begins to brown, at least 6 minutes.
- Add the garlic and cook for another minute.
- Add all remaining ingredients (except the tofu) and cook, stirring, over medium to low heat, for about 15–20 minutes, until thick and fragrant. Preheat oven to 425 F.
- Place a silicone baking mat on a cookie sheet or oil a long, rectangular baking dish.
- Brush one side of each slice of tofu with a thin layer of sauce and place it on the pan sauce-side down.
- Spread remaining sauce on the tops and sides of the tofu.
- Bake for about 25–30 minutes, until tofu is firm and just beginning to brown at the corners.
- Serve hot.

Nutrition Facts

PROTEIN 31.26% FAT 33.51% CARBS 35.23%

Properties

Glycemic Index:32.67, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:3.2952174103778%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 155.82kcal (7.79%), Fat: 5.95g (9.16%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 11.92g (4.33%), Sugar: 7.84g (8.71%), Cholesterol: 0mg (0%), Sodium: 271.49mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Calcium: 180.29mg (18.03%), Iron: 1.97mg (10.95%), Fiber: 2.16g (8.63%), Manganese: 0.13mg (6.55%), Vitamin B6: 0.08mg (4.16%), Vitamin C: 2.83mg (3.43%), Potassium: 101.89mg (2.91%), Vitamin B2: 0.04mg (2.59%), Vitamin A: 105.92IU (2.12%), Vitamin E: 0.31mg (2.06%), Selenium: 1.39µg (1.99%), Vitamin B3: 0.38mg (1.9%), Phosphorus: 18.44mg (1.84%), Magnesium: 7.26mg (1.81%), Copper: 0.04mg (1.81%), Folate: 5.73µg (1.43%), Vitamin B1: 0.02mg (1.36%)