



WHATSheATE



HEALTH SCORE

57%

Citrus-Marinated Tofu with Onions and Peppers



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

Ingredients



0.8 cup cilantro leaves fresh divided chopped



0.3 cup garlic minced



3.5 teaspoons ground cumin divided



1 tablespoon honey



4 servings pepper black freshly ground



0.7 cup juice of lime fresh



4 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 3 bell pepper red stemmed seeded cut into 1/ slices
- ☐ 1 medium onion red cut into 1/4-inch rounds
- ☐ 0.8 teaspoon paprika smoked divided
- ☐ 1 pound spicy tofu cut into 1/2-inch slices

Equipment

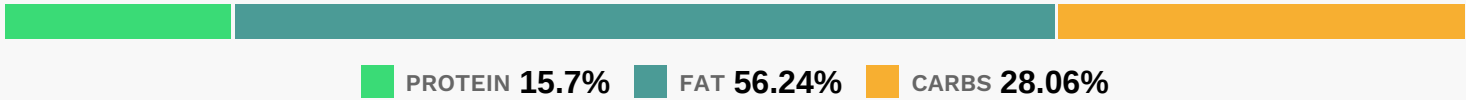
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Adjust oven rack to bottom third position. Preheat oven to 450°F. Meanwhile, in a small bowl, combine 1/4 cup cilantro, lime juice, garlic, 3 teaspoons ground cumin, and 1/2 teaspoon paprika. Season with a pinch of salt and pepper. Stir well.
- ☐ Pour half of this mixture into a large plastic bag.
- ☐ Add the tofu, and carefully toss. Set aside at room temperature for 15 minutes.
- ☐ Pour the other half of the marinade into a blender, along with 1/4 cup cilantro, 2 tablespoons olive oil, and the honey. Puree until smooth. Season to taste with salt and pepper.
- ☐ In a large bowl, toss the red onion and bell pepper with 2 tablespoons olive oil, 1/2 teaspoon cumin, 1/4 teaspoon paprika, and a pinch of salt and pepper. Line a large baking sheet with aluminum foil.
- ☐ Transfer the pepper and onion mixture to one half of the baking sheet.
- ☐ Drain the tofu and season both sides with salt and pepper.
- ☐ Place pieces on the empty half of the baking sheet.
- ☐ Transfer baking sheet to the oven. Cook until vegetables are tender, and the tofu is lightly browned, 20 to 25 minutes. Make sure to stir the vegetables and carefully flip the tofu halfway through.

- ☐ Divide the mixture between four plates.
- ☐ Drizzle with the sauce and garnish with cilantro.
- ☐ Serve with white rice or corn tortillas.

Nutrition Facts



Properties

Glycemic Index:60.07, Glycemic Load:5.05, Inflammation Score:-10, Nutrition Score:16.433478106623%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 300.49kcal (15.02%), Fat: 19.81g (30.48%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 18.22g (6.63%), Sugar: 10.44g (11.6%), Cholesterol: 0mg (0%), Sodium: 16.54mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.89%), Vitamin C: 132mg (160%), Vitamin A: 3225.81IU (64.52%), Vitamin E: 3.77mg (25.14%), Vitamin K: 23.16µg (22.05%), Vitamin B6: 0.44mg (21.76%), Calcium: 195.41mg (19.54%), Manganese: 0.38mg (18.94%), Iron: 3.39mg (18.82%), Fiber: 4.02g (16.09%), Folate: 52.91µg (13.23%), Potassium: 369.41mg (10.55%), Vitamin B2: 0.12mg (6.83%), Vitamin B1: 0.1mg (6.82%), Magnesium: 26.94mg (6.74%), Phosphorus: 61.55mg (6.15%), Vitamin B3: 1.18mg (5.91%), Copper: 0.09mg (4.5%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.53mg (3.52%), Selenium: 1.66µg (2.38%)