



Colorful Tofu Salad with Basil and Cashews

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large carrots diced
- 1 rib celery diced
- 3 tablespoons basil fresh chopped
- 3 cloves garlic minced pressed
- 0.5 bell pepper diced green
- 1 teaspoon ground flaxseed
- 3 tablespoons juice of lemon fresh
- 1 teaspoon oregano dried

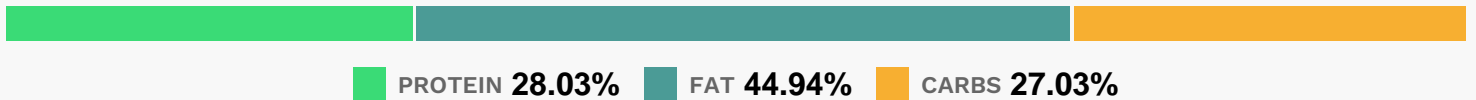
- 4 servings pepper generous
- 0.3 cup cashew pieces raw toasted for 3 minutes if you like (cashews may be)
- 0.5 bell pepper diced red
- 0.5 onion diced red finely
- 0.5 teaspoon salt to taste
- 2 tablespoons dijon mustard stone-ground
- 1 pound spicy tofu firm rinsed pressed reduced-fat
- 3 tablespoons water
- 1 tablespoon citrus champagne vinegar

Equipment

Directions

- Add all the chopped vegetables and basil. When the flax seed mixture has thickened slightly, add the remaining ingredients, except cashews, to it and blend thoroughly.
- Pour the mixture over the tofu and vegetables, and stir to combine. Refrigerate the salad until well chilled—the longer, the better. Just before serving, stir in the cashews.

Nutrition Facts



Properties

Glycemic Index:97.26, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:12.643478217332%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 176.67kcal (8.83%), Fat: 9.21g (14.16%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 9.02g (3.28%), Sugar: 3.81g (4.24%), Cholesterol: 0mg (0%), Sodium: 402.41mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Vitamin A: 3667.41IU (73.35%), Vitamin C: 38.82mg (47.05%), Vitamin K: 19.61µg (18.68%), Calcium: 182.93mg (18.29%), Manganese: 0.36mg (18.1%), Iron: 2.57mg (14.29%), Fiber: 3.44g (13.75%), Copper: 0.24mg (11.96%), Vitamin B6: 0.21mg (10.37%), Magnesium: 41mg (10.25%), Phosphorus: 85.03mg (8.5%), Potassium: 263.81mg (7.54%), Selenium: 4.79µg (6.84%), Vitamin B1: 0.1mg (6.8%), Folate: 25.48µg (6.37%), Zinc: 0.73mg (4.89%), Vitamin E: 0.66mg (4.41%), Vitamin B2: 0.06mg (3.25%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.29mg (2.87%)