



Creamy Tofu Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black to taste
- ☐ 2 rib celery stalks finely chopped
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 servings romaine leaves sliced
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon salt to taste

- ☐ 14 oz tofu firm rinsed drained
- ☐ 1 teaspoon turmeric

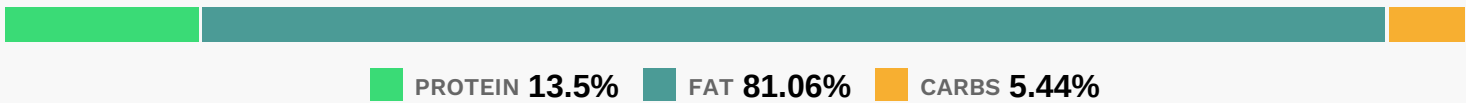
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve

Directions

- ☐ Finely mash tofu with a fork in a bowl, then let drain in a sieve set over another bowl, about 15 minutes (discard liquid).
- ☐ While tofu drains, whisk together mayonnaise, lemon juice, turmeric, and mustard in bowl, then stir in tofu, celery, chives, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:6.9299999812375%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 281.8kcal (14.09%), Fat: 25.48g (39.19%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.82g (0.91%), Cholesterol: 11.76mg (3.92%), Sodium: 479.91mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.09%), Vitamin K: 51.4µg (48.95%), Vitamin A: 1907.07IU (38.14%), Calcium: 139.8mg (13.98%), Iron: 1.75mg (9.73%), Vitamin C: 6.42mg (7.78%), Manganese: 0.15mg (7.3%), Vitamin E: 1.03mg (6.86%), Fiber: 1.28g (5.1%), Folate: 14.2µg (3.55%), Potassium: 78.34mg (2.24%), Vitamin B1: 0.03mg (2.14%), Vitamin B6: 0.04mg (2.05%), Vitamin B2: 0.03mg (2.04%), Selenium: 1.36µg (1.95%),

Phosphorus: 18.12mg (1.81%), Magnesium: 6.69mg (1.67%)