



Crispy Barbequed Tofu Slices



Vegetarian



Dairy Free

READY IN



515 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 1 egg white
- ☐ 16 ounce extra tofu firm
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Drain tofu, and slice into strips.
- ☐ Place in a plastic bag or container, and freeze overnight. This will give the tofu a meatier texture. Thaw tofu strips, and blot with paper towels to dry.
- ☐ Heat olive oil in a large skillet over medium heat. In a small bowl, whisk together the egg white and 1 tablespoon of barbeque sauce.
- ☐ Combine the flour, salt, and pepper in a separate bowl. Dip the tofu slices into the egg mixture, then into the flour mixture, shaking off excess flour. Fry in the hot oil for about 1 minute on each side, until golden brown. Just fry enough at one time so they are not crowded.
- ☐ Remove from the oil to paper towels to drain and cool.
- ☐ Preheat the oven's broiler.
- ☐ Brush tofu slices with additional barbeque sauce, and allow to marinate while the broiler heats up. Arrange them on a broiler pan, or wire rack set over a cookie sheet for best results.
- ☐ Position the oven rack about 6 inches from the heat source. Broil for 5 minutes on each side, or until browned and crisp, watching closely so as not to burn them.
- ☐ Serve warm with the remaining barbeque sauce for dipping.

Nutrition Facts



 **PROTEIN 13.21%**  **FAT 30.6%**  **CARBS 56.19%**

Properties

Glycemic Index:26.75, Glycemic Load:17.28, Inflammation Score:-4, Nutrition Score:9.959130499026%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 396.45kcal (19.82%), Fat: 13.43g (20.66%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 55.5g (18.5%), Net Carbohydrates: 53.84g (19.58%), Sugar: 25g (27.78%), Cholesterol: 0mg (0%), Sodium: 1402.6mg (60.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.1%), Vitamin B1: 0.35mg (23.46%), Iron: 3.35mg (18.62%), Selenium: 13.04µg (18.62%), Manganese: 0.34mg (16.87%), Copper: 0.33mg (16.44%), Phosphorus: 162.97mg (16.3%), Vitamin B2: 0.27mg (15.67%), Folate: 58.96µg (14.74%), Vitamin E: 2.11mg (14.04%), Vitamin B3: 2.55mg (12.75%), Magnesium: 48.06mg (12.01%), Potassium: 389.72mg (11.13%), Vitamin K: 8.11µg (7.72%), Zinc: 1.03mg (6.85%), Fiber: 1.66g (6.66%), Calcium: 65.53mg (6.55%), Vitamin B6: 0.08mg (4.05%), Vitamin A: 161.53IU (3.23%), Vitamin B5: 0.27mg (2.72%)