



## Crispy Tofu Sticks with Marinara

 Gluten Free

READY IN



31 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup coarsely cornflakes crushed
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 large egg whites lightly beaten
- ☐ 1 pound extra-firm tofu
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 1 cup tomatoes such as Classico
- ☐ 3 tablespoons onion instant minced

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt divided
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon water

## Equipment

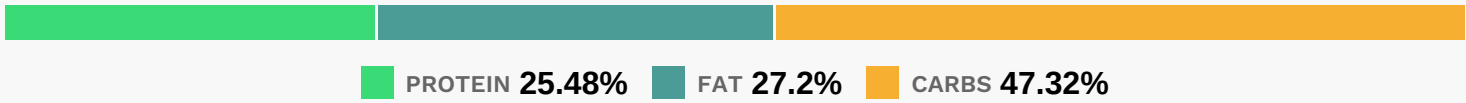
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ microwave

## Directions

- ☐ Wrap tofu block in several layers of heavy-duty paper towels. Press with a heavy object for about 30 minutes to remove excess water.
- ☐ Remove paper towels, pat tofu dry, and cut lengthwise into 8 slices.
- ☐ Cut each slice crosswise into 3 sticks.
- ☐ Place egg whites in a shallow dish.
- ☐ Add 1 tablespoon water; stir well with a whisk.
- ☐ Combine cornflakes, cheese, 1/4 teaspoon salt, and next 3 ingredients; stir until well blended. Dip 1 tofu stick into egg white mixture; dredge in cornflakes mixture, covering all sides. Repeat procedure with remaining tofu sticks, egg white mixture, and cornflakes mixture.
- ☐ Preheat oven to 45
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add tofu sticks, and cook 3 minutes or until lightly browned. Turn tofu sticks over and place on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 12 minutes or until coating is crispy and sticks are thoroughly heated.
- ☐ Sprinkle with remaining 1/4 teaspoon salt.

- ☐ Combine marinara sauce and red pepper in a microwave–safe bowl; microwave at HIGH 2 minutes, stirring after 1 minute.
- ☐ Serve tofu sticks immediately with sauce.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:17.376956473226%

## Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 268.29kcal (13.41%), Fat: 8.34g (12.83%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 29.22g (10.63%), Sugar: 5.87g (6.52%), Cholesterol: 4.82mg (1.61%), Sodium: 943.88mg (41.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.17%), Iron: 10.99mg (61.05%), Vitamin B2: 0.59mg (34.92%), Vitamin B6: 0.62mg (30.91%), Vitamin B3: 6mg (30.01%), Folate: 116.1µg (29.03%), Vitamin B1: 0.42mg (28%), Vitamin B12: 1.58µg (26.31%), Calcium: 256.17mg (25.62%), Vitamin A: 885.81IU (17.72%), Fiber: 3.44g (13.76%), Vitamin C: 11.08mg (13.43%), Selenium: 7.82µg (11.18%), Manganese: 0.21mg (10.59%), Phosphorus: 102.6mg (10.26%), Vitamin K: 10.63µg (10.12%), Potassium: 293.16mg (8.38%), Vitamin E: 1.24mg (8.24%), Copper: 0.15mg (7.45%), Magnesium: 29.67mg (7.42%), Vitamin D: 1.1µg (7.33%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.34mg (3.43%)