



 1%
HEALTH SCORE

Crispy Tofu With Sweet & Tangy Glaze

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



329 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 2 tablespoons canola oil
- 0.3 teaspoon chili powder
- 2 teaspoons garlic minced
- 1 spring onion chopped
- 2 tablespoons catsup
- 0.5 tablespoon mustard prepared

- 1 teaspoon sesame seed
- 3 tablespoons soya sauce
- 1 tablespoon chilli sauce sweet (I use Thai chilly sauce)
- 8 ounce tofu firm
- 2 teaspoons vinegar white

Equipment

Nutrition Facts

PROTEIN 16.38% **FAT 52.63%** **CARBS 30.99%**

Properties

Glycemic Index:104.5, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:6.7282608695652%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 329.49kcal (16.47%), Fat: 19.77g (30.41%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 24.38g (8.87%), Sugar: 19.94g (22.16%), Cholesterol: 0mg (0%), Sodium: 1784.2mg (77.57%), Protein: 13.84g (27.68%), Vitamin K: 23.22µg (22.12%), Vitamin E: 2.82mg (18.77%), Calcium: 182.35mg (18.23%), Iron: 2.53mg (14.06%), Manganese: 0.26mg (13.21%), Fiber: 1.8g (7.22%), Vitamin B3: 1.44mg (7.21%), Vitamin B6: 0.14mg (6.96%), Copper: 0.12mg (5.76%), Phosphorus: 57.58mg (5.76%), Magnesium: 21.51mg (5.38%), Vitamin B2: 0.08mg (4.78%), Potassium: 159.22mg (4.55%), Vitamin A: 213.92IU (4.28%), Selenium: 2.62µg (3.75%), Vitamin C: 2.7mg (3.27%), Folate: 11.56µg (2.89%), Vitamin B1: 0.04mg (2.83%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.16mg (1.61%)