



Delicate Tofu in Apricot-Honey Sauce

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



132 kcal

SAUCE

Ingredients

- 4 apricots fresh pureed pitted peeled
- 1 tablespoon orange-flower water
- 12 ounce silken tofu dry drained cut into 1/4 inch slices
- 2 tablespoons butter unsalted
- 0.3 teaspoon vanilla extract
- 1.5 tablespoons granulated sugar white

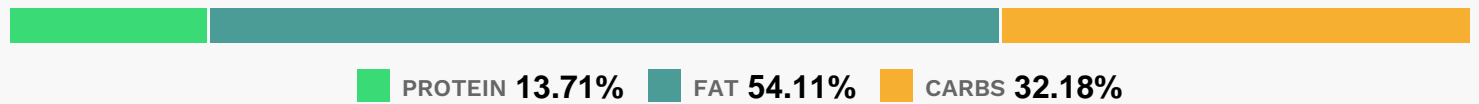
Equipment

- sauce pan

Directions

- Melt the butter in a saucepan over medium–low heat, and stir in the sugar. Cook and stir just until the sugar has melted and is lightly browned.
- Remove from heat, and continue stirring until caramelized.
- Mix in the pureed apricots and vanilla. Over low heat, mix in the honey. Continue to cook and stir 5 minutes, until thickened.
- Arrange the tofu slices on dessert plates, and drizzle with the sauce. Cover, and refrigerate at least 1 hour, until chilled.
- Serve with sliced apricots on the side.

Nutrition Facts



Properties

Glycemic Index:27.94, Glycemic Load:4.47, Inflammation Score:-6, Nutrition Score:3.8495652034231%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 131.81kcal (6.59%), Fat: 8.13g (12.5%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 10.08g (3.67%), Sugar: 8.88g (9.86%), Cholesterol: 15.05mg (5.02%), Sodium: 5.44mg (0.24%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.63g (9.26%), Vitamin A: 849.03IU (16.98%), Copper: 0.2mg (10.25%), Magnesium: 28.33mg (7.08%), Potassium: 245.88mg (7.03%), Vitamin B1: 0.1mg (6.4%), Phosphorus: 62.48mg (6.25%), Iron: 0.84mg (4.65%), Vitamin C: 3.5mg (4.24%), Zinc: 0.52mg (3.46%), Calcium: 32.67mg (3.27%), Vitamin E: 0.47mg (3.16%), Fiber: 0.79g (3.14%), Vitamin B2: 0.05mg (3.03%), Vitamin B3: 0.47mg (2.35%), Vitamin K: 1.64µg (1.57%), Vitamin B6: 0.03mg (1.43%), Manganese: 0.03mg (1.4%)