



Eggless Egg Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 pinch salt



1 pound spicy tofu firm cubed



4 cups water



0.3 cup vinegar white

Equipment

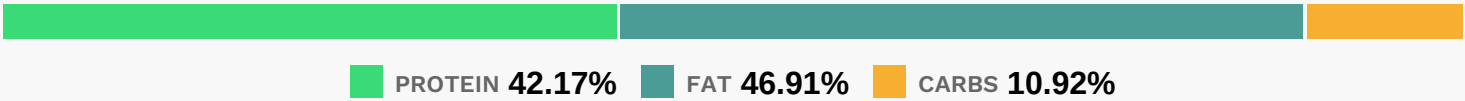


pot

Directions

- ☐ In a large pot over medium-high heat bring water, vinegar and salt to a boil. Stir in tofu and return to a boil. Reduce heat to medium and simmer 15 minutes.
- ☐ Drain.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.85695650987327%

Nutrients (% of daily need)

Calories: 65.42kcal (3.27%), Fat: 3.33g (5.12%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 17.58mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Calcium: 99.87mg (9.99%), Iron: 0.91mg (5.06%), Fiber: 0.6g (2.42%), Copper: 0.03mg (1.29%)