



Enlightened Caesar Salad with Tofu Croutons



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 servings caesar dressing
- ☐ 1 tablespoon cornmeal
- ☐ 1 pound extra-firm tofu light drained cut into 1/2-inch cubes
- ☐ 1 teaspoon oregano dried
- ☐ 16 cups romaine lettuce sliced
- ☐ 1 tablespoon tamari sauce

Equipment

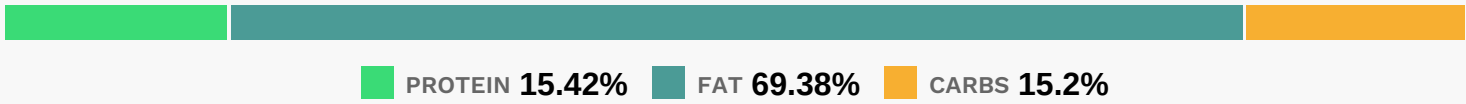
- ☐ bowl

☐ frying pan

Directions

- ☐ Combine cornmeal and oregano; stir well.
- ☐ Combine tofu and tamari in a bowl; toss gently to coat.
- ☐ Sprinkle cornmeal mixture over tofu; toss gently to coat.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium heat until hot.
- ☐ Add tofu; cook 3 minutes or until lightly browned, turning occasionally.
- ☐ Remove tofu from skillet; set aside.
- ☐ Place lettuce in a bowl.
- ☐ Drizzle 3/4 cup Caesar Dressing over lettuce; toss well. Spoon 2 cups salad into each of 5 bowls; top each with 1/2 cup tofu croutons.
- ☐ Serve immediately.
- ☐ Note: Store remaining dressing in an airtight container in refrigerator for 1 week.
- ☐ Serve with salad greens.

Nutrition Facts



Properties

Glycemic Index:17.7, Glycemic Load:0.9, Inflammation Score:-10, Nutrition Score:18.67652165825%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 248.96kcal (12.45%), Fat: 19.65g (30.24%), Saturated Fat: 3g (18.72%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 5.9g (2.15%), Sugar: 3.64g (4.04%), Cholesterol: 11.7mg (3.9%), Sodium: 633.46mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.65%), Vitamin A: 13116.84IU (262.34%), Vitamin K: 188.15µg (179.19%), Folate: 207.42µg (51.85%), Iron: 3.16mg (17.53%), Potassium: 539.01mg (15.4%), Fiber: 3.79g (15.14%), Phosphorus: 151.31mg (15.13%), Manganese: 0.3mg (14.76%), Copper: 0.27mg (13.44%), Vitamin B1: 0.19mg

(12.79%), Magnesium: 50.81mg (12.7%), Vitamin E: 1.7mg (11.32%), Calcium: 99.38mg (9.94%), Vitamin B2: 0.14mg (8.47%), Vitamin B6: 0.15mg (7.6%), Vitamin C: 6.12mg (7.41%), Zinc: 1.01mg (6.74%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.27mg (2.68%), Selenium: 1.25µg (1.78%)