



## Fruited Tofu Curry Salad

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup celery diced
- 1 tablespoon curry powder
- 1 tablespoon cranberries dried
- 2 cups extra-firm tofu cubed drained
- 1 cup grapes halved
- 3 tablespoons green onions diced
- 2 tablespoons juice of lime
- 8 servings salt and pepper to taste

- 0.3 cup walnuts
- 0.5 cup rice white
- 1 cup yogurt

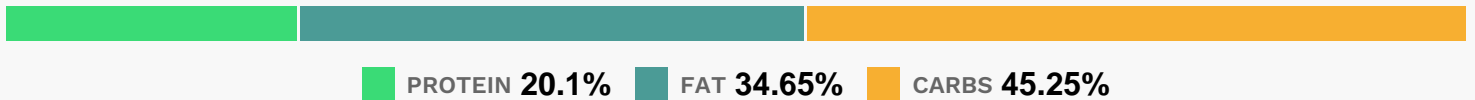
## Equipment

- sauce pan
- mixing bowl
- pot

## Directions

- In a saucepan bring water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes; set aside.
- Bring a large pot of water to a boil. Cook cubed tofu for 3 minutes; drain, and set aside to cool.
- In a bowl, blend yogurt with lime juice and curry powder; set aside. In a large mixing bowl, toss together halved grapes, cranberries, celery, green onions, walnuts, rice, and tofu.
- Drizzle with curry dressing, and toss until well coated. Season to taste with salt and pepper, as desired.

## Nutrition Facts



## Properties

Glycemic Index:28.77, Glycemic Load:7.59, Inflammation Score:-2, Nutrition Score:4.7800000264593%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 160.65kcal (8.03%), Fat: 6.36g (9.78%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 17.09g (6.21%), Sugar: 6.23g (6.92%), Cholesterol: 3.98mg (1.33%), Sodium: 217.35mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.59%), Manganese: 0.31mg (15.68%), Calcium: 131.81mg (13.18%), Vitamin K: 10.35µg (9.86%), Iron: 1.31mg (7.26%), Phosphorus: 64.46mg (6.45%), Fiber: 1.58g (6.34%), Copper: 0.12mg (6.14%), Vitamin B2: 0.08mg (4.5%), Potassium: 152.48mg (4.36%), Magnesium: 17.09mg (4.27%), Vitamin B6: 0.08mg (4.07%), Selenium: 2.8µg (4%), Zinc: 0.49mg (3.24%), Vitamin B1: 0.05mg (3.21%), Vitamin C: 2.64mg (3.2%), Folate: 12.27µg (3.07%), Vitamin B5: 0.29mg (2.93%), Vitamin E: 0.33mg (2.23%), Vitamin A: 103.55IU (2.07%), Vitamin B12: 0.11µg (1.89%), Vitamin B3: 0.36mg (1.79%)