



Glazed-Tofu Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 ounce bread whole-wheat toasted
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 14 ounce spicy tofu firm drained cut into 8 (1/2-inch-thick) slices

- ☐ 8 ounces tomatoes ()
- ☐ 0.3 cup worcestershire sauce

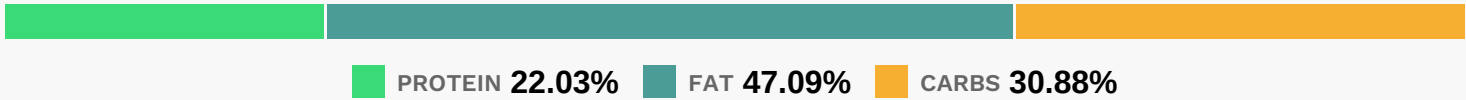
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu slices on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 5 minutes, pressing down occasionally.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu, and saut 4 minutes. Turn slices over, and sprinkle with salt and pepper; saut 4 minutes. Spoon Worcestershire sauce over tofu; cook 30 seconds or until browned, turning once.
- ☐ Combine mayonnaise, basil, and garlic.
- ☐ Spread mayonnaise mixture evenly over each of 4 bread slices, layering each slice with 2 tofu slices and 2 tomato slices. Cover with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:3.62, Inflammation Score:-5, Nutrition Score:6.961739083995%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 191.07kcal (9.55%), Fat: 10.13g (15.58%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 12.96g (4.71%), Sugar: 4.8g (5.33%), Cholesterol: 2.99mg (1%), Sodium: 580.49mg (25.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Vitamin K: 24.32µg (23.16%), Calcium:

168.05mg (16.8%), Iron: 2.76mg (15.33%), Vitamin C: 10.62mg (12.87%), Manganese: 0.24mg (12.22%), Vitamin A: 605.41IU (12.11%), Potassium: 303.26mg (8.66%), Fiber: 1.98g (7.92%), Vitamin E: 0.91mg (6.07%), Vitamin B3: 1.08mg (5.39%), Vitamin B1: 0.08mg (5.37%), Selenium: 3.75µg (5.36%), Folate: 21.07µg (5.27%), Copper: 0.1mg (4.94%), Phosphorus: 42.9mg (4.29%), Magnesium: 14.89mg (3.72%), Vitamin B2: 0.06mg (3.68%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.16mg (1.59%)