



Grilled Herbed Tofu with Avocado Cream

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 ounce extra-firm tofu dry drained
- 0.5 cup flat-leaf parsley leaves fresh packed
- 1 clove garlic peeled smashed
- 6 ounce haas avocado pitted ripe peeled
- 1 tablespoon herbs de provence
- 0.8 teaspoon kosher salt
- 1 tablespoon juice of lime fresh (1 large lime)

- 1 large lime zest
- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 4 servings salt and pepper black freshly ground
- 0.5 cup vegetable broth

Equipment

- food processor
- grill
- grill pan

Directions

- Place a nonstick grill pan over medium-high heat or preheat a gas or charcoal grill. (If not using a nonstick grill pan, oil the grill lightly before cooking the tofu to prevent sticking.)
- Cut the tofu in half diagonally to make 2 large triangles.
- Cut each large triangle in half to make 4 smaller triangles.
- Cut through each triangle horizontally to make 8 triangles.
- Brush on each side with olive oil. Season with the herbs de Provence, salt and pepper. Grill the tofu until light golden, 2 minutes on each side.
- Transfer to a platter.
- For the cream: In a food processor, blend the avocado, parsley, broth, olive oil, lime juice, garlic and lime zest until smooth. Season with salt and pepper.
- Spoon the cream over the tofu and serve.

Nutrition Facts

 PROTEIN 8.39%  FAT 81.44%  CARBS 10.17%

Properties

Glycemic Index:60.75, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:14.155217432457%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 350.39kcal (17.52%), Fat: 33.05g (50.84%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 5.18g (1.88%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 615.92mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin K: 164.63µg (156.79%), Vitamin E: 4.66mg (31.06%), Vitamin C: 20.96mg (25.41%), Iron: 3.23mg (17.94%), Fiber: 4.11g (16.43%), Vitamin A: 806IU (16.12%), Copper: 0.29mg (14.41%), Folate: 50.36µg (12.59%), Phosphorus: 118.56mg (11.86%), Potassium: 414.72mg (11.85%), Magnesium: 43.13mg (10.78%), Manganese: 0.2mg (9.77%), Vitamin B1: 0.12mg (7.66%), Vitamin B6: 0.15mg (7.47%), Calcium: 69.64mg (6.96%), Vitamin B5: 0.67mg (6.69%), Zinc: 0.96mg (6.39%), Vitamin B2: 0.1mg (5.92%), Vitamin B3: 1.13mg (5.67%)