



Grilled Tofu, Bacon, and Avocado Sandwiches

 Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 1 tbsp canola oil
- ☐ 4 ciabatta rolls split with most of insides of bread scooped out thick ()
- ☐ 12 cilantro leaves roughly chopped
- ☐ 4 slices bacon cooked halved
- ☐ 14 oz tofu firm
- ☐ 2 ginger fresh unpeeled
- ☐ 0.3 cup soy sauce low-sodium

- ☐ 3 tbsp mayonnaise
- ☐ 2 pinches pepper
- ☐ 3 tablespoons sesame oil toasted
- ☐ 1 tablespoon soya sauce dark black ()
- ☐ 4 tsp sriracha
- ☐ 2 teaspoons sugar
- ☐ 2 zucchini cut lengthwise into 1/4-in.-thick slices

Equipment

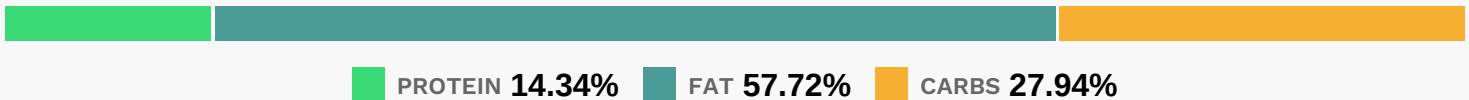
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ grill
- ☐ grill pan
- ☐ microplane

Directions

- ☐ Cut 4 lengthwise slices from block of tofu, each about 1/2 in. thick.
- ☐ Transfer to a 9-in. square baking pan.
- ☐ Grate ginger with a Microplane, then press solids through a fine-mesh sieve into a bowl to get juice. Measure 2 tsp. ginger juice into another bowl.
- ☐ Whisk in sugar, pepper, both kinds of soy sauce, sesame oil, and 1 tbsp. canola oil, then pour over tofu. Turn tofu to coat and set aside, uncovered, 1 to 2 hours, turning halfway through.
- ☐ Brush a cast-iron grill pan lightly with more canola oil and heat over medium-high heat until pan is hot enough to evaporate a bead of water. Sear tofu, 2 pieces at a time (reserving marinade), until grill marks appear and tofu releases from pan easily, 3 minutes per side.
- ☐ Transfer to a plate.

- ☐
- Toast rolls or bread, cut sides up, in a 300 oven until crisp, about 15 minutes. Meanwhile, toss zucchini in leftover tofu marinade and grill until tender and browned, about 4 minutes per side. Save remaining marinade.
- ☐
- Spread about 1 tsp. mayonnaise on each half of roll, then drizzle about 1/2 tsp. of reserved marinade and 1/2 tsp. Sriracha on each.
- ☐
- Sprinkle half of cilantro on bottom roll halves.
- ☐
- Add tofu, bacon, zucchini, and avocado. Top with remaining cilantro and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:71.02, Glycemic Load:2.52, Inflammation Score:-7, Nutrition Score:15.30826109259%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 565.67kcal (28.28%), Fat: 37.16g (57.17%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 34.17g (12.43%), Sugar: 5.47g (6.07%), Cholesterol: 12.27mg (4.09%), Sodium: 1445.17mg (62.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.55%), Vitamin K: 55.1µg (52.47%), Vitamin C: 27.95mg (33.88%), Fiber: 6.28g (25.13%), Manganese: 0.44mg (21.86%), Vitamin B6: 0.39mg (19.53%), Folate: 77.04µg (19.26%), Potassium: 666.5mg (19.04%), Vitamin E: 2.53mg (16.84%), Calcium: 160.33mg (16.03%), Vitamin B2: 0.24mg (14.07%), Vitamin A: 694.44IU (13.89%), Iron: 2.45mg (13.61%), Phosphorus: 134.28mg (13.43%), Vitamin B3: 2.63mg (13.13%), Magnesium: 51.75mg (12.94%), Vitamin B5: 1.13mg (11.27%), Copper: 0.2mg (10.06%), Vitamin B1: 0.14mg (9.32%), Zinc: 1.09mg (7.29%), Selenium: 4.92µg (7.03%), Vitamin B12: 0.1µg (1.66%)