



Grilled Tofu Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon black bean chili paste
- 2 medium garlic cloves minced
- 2 tablespoons honey
- 0.8 cup miso-carrot dressing
- 2 tablespoons vegetable oil; peanut oil preferred plus more for grilling
- 2 tablespoons soya sauce
- 2 pound blocks of tofu firm
- 3 cups watercress loosely packed

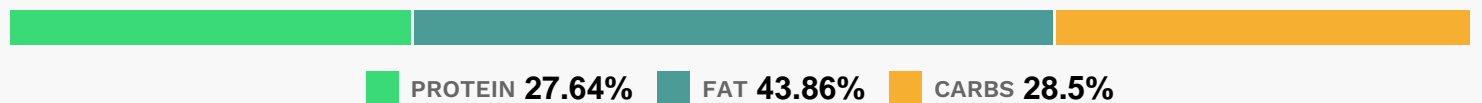
Equipment

- bowl
- baking pan
- grill
- broiler
- stove

Directions

- Slice each tofu block 1/2 to 3/4 inch thick and pat the slices dry.
- In a small bowl, stir together the garlic, honey, 2 tablespoons peanut oil, soy sauce and black bean chili paste.
- Spread half of the marinade in the bottom of a large nonreactive baking dish and top with the tofu slices.
- Spread the remaining marinade over the tofu, covering it completely.
- Preheat a stovetop grill or the broiler. If using a grill, lightly brush the surface with peanut oil. Grill or broil the tofu, turning once, until caramelized and brown, 2 to 3 minutes per side.
- Let cool.
- Cut each piece into wide strips if desired.
- To serve, line plates or a platter with the watercress and set the tofu on top.
- Drizzle the Miso-Carrot Dressing on the salad.
- Make Ahead: The tofu can stand at room temperature for up to 1 hour before grilling.
- Notes: ONE SERVING: Calories 320 kcal, Protein 26 gm, Soy Protein 25 gm, Carbohydrate 17 gm, Cholesterol 0, Total Fat 3 gm, Saturated Fat 9 gm

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:7.72, Inflammation Score:-5, Nutrition Score:9.1860870991064%

Flavonoids

Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 267.33kcal (13.37%), Fat: 13.42g (20.65%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 16.38g (5.96%), Sugar: 8.72g (9.69%), Cholesterol: 0mg (0%), Sodium: 1631.35mg (70.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.06%), Vitamin K: 52.65µg (50.15%), Calcium: 232.95mg (23.3%), Manganese: 0.39mg (19.45%), Iron: 2.92mg (16.2%), Fiber: 3.25g (12.99%), Vitamin A: 577.77IU (11.56%), Vitamin C: 8.08mg (9.8%), Copper: 0.17mg (8.73%), Phosphorus: 75.85mg (7.59%), Vitamin B2: 0.12mg (6.78%), Zinc: 0.96mg (6.37%), Vitamin E: 0.91mg (6.09%), Vitamin B6: 0.12mg (6.03%), Magnesium: 23.18mg (5.79%), Potassium: 158.52mg (4.53%), Selenium: 2.83µg (4.05%), Vitamin B1: 0.06mg (3.8%), Vitamin B3: 0.64mg (3.2%), Folate: 9.58µg (2.39%), Vitamin B5: 0.2mg (2.02%)