



Grilled Tofu Torta

 Vegetarian

READY IN



1485 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado pitted halved thinly sliced
- 4 servings pepper black freshly ground
- 15 ounce black beans drained and rinsed canned
- 2 ounces cotija cheese crumbled
- 14 ounces tofu
- 2 medium garlic clove finely chopped
- 0.8 cup hot sauce such as cholula
- 2 cups lettuce shredded

- 4 servings kosher salt
- 0.3 cup jalapeño peppers coarsely chopped
- 4 sandwich rolls split soft
- 1 tablespoon vegetable oil plus more for the grill grates
- 2 tablespoons water

Equipment

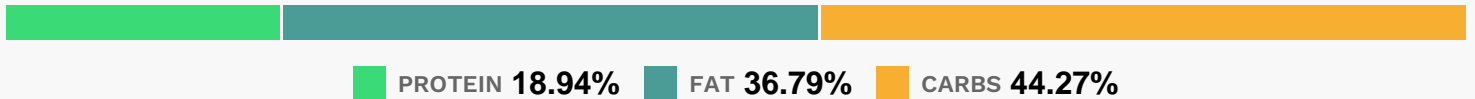
- paper towels
- sauce pan
- baking pan
- wooden spoon
- grill
- aluminum foil
- spatula
- grill pan

Directions

- For the tofu:Line a work surface with a double layer of paper towels.
- Place the tofu on the paper towels and cover with another double layer of paper towels. Using your hands, gently press on the towels until they're soaked through.
- Remove and discard the paper towels.
- Cut the tofu crosswise into 8 (1/2-inch) slices.
- Pour half of the hot sauce into an 8-by-8-inch baking dish.
- Heat a grill pan or outdoor grill to high (about 450°F to 550°F).Meanwhile, heat the measured oil in a small saucepan over medium heat until shimmering.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the beans and water, season with salt and pepper, and stir to combine. Using the back of a fork or wooden spoon, mash about half of the beans. Cook, stirring occasionally, until warmed through, about 5 minutes.

- Remove from the heat and set aside. When the grill is ready, rub the grates with a towel dipped in oil.
- Place the marinated tofu on the grill, season with salt, cover the grill, and let the tofu cook undisturbed until grill marks appear on the bottom, about 3 to 4 minutes. Using a flat metal spatula, flip the tofu, season with salt, cover, and cook until grill marks appear on the second side and the tofu is warmed through, about 3 to 4 minutes more.
- Transfer to a large plate and cover loosely with foil.
- Place the buns on the grill, cut-side down, and cook until grill marks appear, about 3 to 4 minutes. Divide the reserved beans over both halves of the buns in an even layer. Divide the cheese and jalapeños over the bottom buns. Divide the avocado over the jalapeños and season with salt and pepper. Divide the tofu over the avocado, then divide the lettuce over the tofu. Close with the bun tops and serve.

Nutrition Facts



Properties

Glycemic Index: 44, Glycemic Load: 1.1, Inflammation Score: -8, Nutrition Score: 24.678695559502%

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 Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 509.89kcal (25.49%), Fat: 21.27g (32.72%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 57.58g (19.19%), Net Carbohydrates: 43.93g (15.97%), Sugar: 3.11g (3.46%), Cholesterol: 12.62mg (4.21%), Sodium: 2416.82mg (105.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.28%), Fiber: 13.65g (54.61%), Vitamin C: 43.88mg (53.19%), Folate: 178.63µg (44.66%), Selenium: 26.28µg (37.55%), Manganese: 0.7mg (35.02%), Vitamin B1: 0.51mg (34.3%), Iron: 6.01mg (33.39%), Vitamin B2: 0.56mg (32.65%), Calcium: 306.84mg (30.68%), Vitamin K: 28.44µg (27.09%), Phosphorus: 261.85mg (26.18%), Potassium: 780.85mg (22.31%), Copper: 0.44mg (21.91%), Vitamin B3: 4.3mg (21.48%), Vitamin B6: 0.39mg (19.42%), Magnesium: 76.54mg (19.13%), Vitamin B5: 1.39mg (13.92%), Zinc: 1.99mg (13.28%), Vitamin E: 1.76mg (11.75%), Vitamin A: 536.24IU (10.72%), Vitamin B12: 0.24µg

(3.99%)