



Grilled Tofu with Asiago and Walnut Pesto



Vegetarian



Gluten Free

READY IN



9 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup asiago cheese grated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped 5 leaves
- ☐ 1 garlic clove roughly chopped
- ☐ 5 tablespoons grapeseed oil
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 14 ounces spicy tofu dry with paper towels firm drained
- ☐ 0.3 cup walnuts chopped

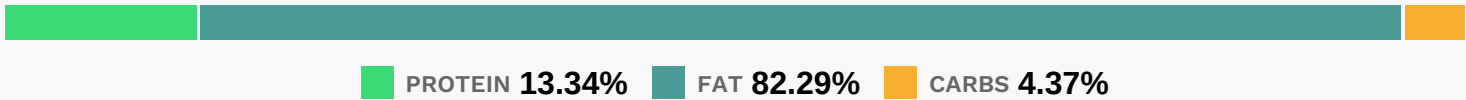
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Place all the ingredients in the bowl of a food processor. Pulse until smooth.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Cut the tofu in half diagonally to make 2 large triangles.
- ☐ Cut each large triangle in half to make 4 smaller triangles.
- ☐ Place the triangles, long side down, on a cutting board and carefully cut each into 3 slices.
- ☐ Brush the tofu triangles, on each side, with the extra-virgin olive oil. Season with salt and pepper. Grill the tofu for 2 minutes on each side.
- ☐ Carefully transfer the tofu to a serving platter. Spoon the pesto over the tofu and serve.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:13.580869709668%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg,

Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 289.59kcal (14.48%), Fat: 27.01g (41.55%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.44g (0.49%), Cholesterol: 5.67mg (1.89%), Sodium: 236.25mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Copper: 3.12mg (156.15%), Vitamin K: 86.8µg (82.66%), Vitamin E: 4.46mg (29.74%), Calcium: 201.43mg (20.14%), Manganese: 0.31mg (15.38%), Vitamin A: 488.31IU (9.77%), Vitamin C: 6.87mg (8.33%), Iron: 1.49mg (8.29%), Phosphorus: 79.03mg (7.9%), Fiber: 1.15g (4.6%), Magnesium: 16.01mg (4%), Folate: 13.01µg (3.25%), Selenium: 2.2µg (3.14%), Zinc: 0.46mg (3.07%), Vitamin B2: 0.04mg (2.47%), Vitamin B6: 0.05mg (2.25%), Vitamin B1: 0.03mg (1.89%), Potassium: 65.66mg (1.88%), Vitamin B12: 0.1µg (1.67%)