



Grilled Tofu with Ratatouille Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 small eggplants cut lengthwise into 4 slices
- ☐ 14 ounce extra-firm tofu cut into 8 (3/4-inch-thick) slices
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons herbs de provence dried

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive paste
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 1 large bell pepper red cut into 8 wedges
- ☐ 4 small tomatoes
- ☐ 1 cup vegetable broth organic
- ☐ 1 vidalia sweet cut into 1/2-inch-thick slices
- ☐ 0.5 cup rosé wine dry
- ☐ 3 small zucchini cut lengthwise into 4 slices

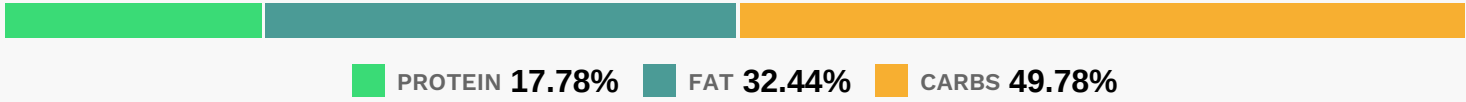
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place first 4 ingredients in a medium saucepan over medium-high heat; bring to a boil. Cook until slightly syrupy and reduced to 1/3 cup (about 10 minutes).
- ☐ Remove from heat; cool. Stir in olive oil and next 4 ingredients (through garlic).
- ☐ Place tofu and vegetables on grill rack coated with cooking spray.
- ☐ Brush half of juice mixture over tofu and vegetables; grill for 4 minutes. Turn tofu and vegetables over; brush with remaining juice mixture. Cook for 3 minutes or until vegetables are golden brown and tender.
- ☐ Combine basil, parsley, and thyme. Divide vegetables and tofu equally among 4 plates.
- ☐ Sprinkle each serving with 1 tablespoon herb mixture.

Nutrition Facts



Properties

Glycemic Index:112.75, Glycemic Load:7.42, Inflammation Score:-10, Nutrition Score:29.903913135114%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg, Quercetin: 13.49mg

Nutrients (% of daily need)

Calories: 349.98kcal (17.5%), Fat: 12.8g (19.69%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 28.88g (10.5%), Sugar: 26.3g (29.22%), Cholesterol: 0mg (0%), Sodium: 559.93mg (24.34%), Alcohol: 3.12g (100%), Alcohol %: 0.45% (100%), Protein: 15.78g (31.57%), Vitamin C: 113.32mg (137.35%), Manganese: 1.36mg (67.85%), Fiber: 15.32g (61.27%), Vitamin K: 58.9µg (56.09%), Vitamin A: 2725.8IU (54.52%), Potassium: 1546.99mg (44.2%), Folate: 162.42µg (40.61%), Vitamin B6: 0.81mg (40.5%), Magnesium: 99.12mg (24.78%), Copper: 0.48mg (23.9%), Iron: 4.24mg (23.56%), Calcium: 229.36mg (22.94%), Vitamin E: 3.37mg (22.46%), Vitamin B1: 0.3mg (20.24%), Vitamin B3: 3.96mg (19.78%), Phosphorus: 190.97mg (19.1%), Vitamin B2: 0.31mg (18.28%), Vitamin B5: 1.54mg (15.41%), Zinc: 1.37mg (9.14%), Selenium: 2.21µg (3.16%)