



Honey Mustard Tofu

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.3 cup cooking wine dry white
- 0.3 cup honey
- 4 tablespoons mustard prepared
- 1 pound spicy tofu firm sliced into 1/4 inch slices
- 2 cubes vegetable bouillon
- 1 cup water
- 2 cups flour whole wheat

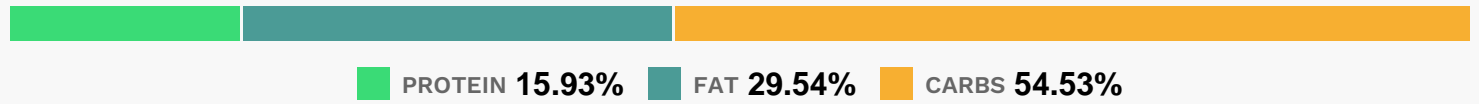
Equipment

frying pan

Directions

- Melt butter in a medium skillet over medium-high heat. Dredge tofu slices in flour and place in hot butter. Brown slightly, then turn over and brown the other side.
- Add water, wine and bouillon cubes; simmer for 10 minutes, or until bouillon completely dissolves. Stir in mustard and honey. Simmer until thickened.

Nutrition Facts



Properties

Glycemic Index:52.32, Glycemic Load:9.47, Inflammation Score:-6, Nutrition Score:17.146086962975%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 460.42kcal (23.02%), Fat: 15.51g (23.86%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 64.45g (21.48%), Net Carbohydrates: 56.43g (20.52%), Sugar: 18.35g (20.39%), Cholesterol: 22.58mg (7.53%), Sodium: 244.81mg (10.64%), Alcohol: 1.54g (100%), Alcohol %: 0.66% (100%), Protein: 18.82g (37.64%), Manganese: 2.54mg (126.86%), Selenium: 42.47µg (60.67%), Fiber: 8.01g (32.06%), Phosphorus: 236.47mg (23.65%), Magnesium: 92.13mg (23.03%), Vitamin B1: 0.33mg (22.06%), Iron: 3.89mg (21.62%), Calcium: 178.51mg (17.85%), Vitamin B3: 3.1mg (15.52%), Copper: 0.27mg (13.74%), Vitamin B6: 0.27mg (13.37%), Zinc: 1.74mg (11.57%), Potassium: 264.49mg (7.56%), Vitamin B2: 0.12mg (7.22%), Folate: 28.34µg (7.08%), Vitamin A: 279.51IU (5.59%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.44mg (4.4%), Vitamin K: 2.16µg (2.06%)