



Indian Style Baked Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



40 min.

SERVINGS



32

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 Tablespoon curry powder
- ☐ 14 Oz extra tofu firm
- ☐ 2 juice of lemon
- ☐ 3 Tablespoons oil
- ☐ 0.5 Teaspoon chili powder red
- ☐ 32 servings purple gel food coloring red as needed (Optional)
- ☐ 0.5 Teaspoon salt per your taste)
- ☐ 1 inch p turmeric powder

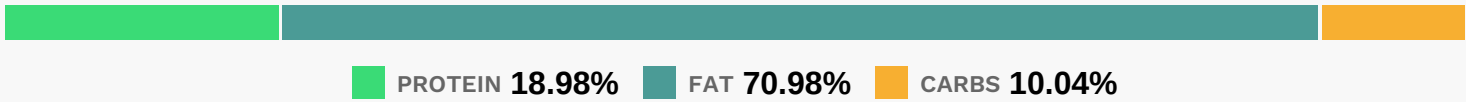
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Open the tofu packet and drain the water. Wrap the tofu in paper towels and place some weight on it and leave it for 30 minutes. After draining the water cut the tofu into cubes of 1cm thickness. I got around 20 pieces.Take a 1 gallon ziploc bag and add all the ingredients required for the marinade in the bag.
- ☐ Whisk it with a fork and add the tofu cubes in the bag.
- ☐ Remove the air out and close the bag and toss it well to coat all the tofu pieces with the marinade.Leave it in the fridge for 30-45 minutes.Meanwhile preheat the oven at 425F/220C for 15 minutes.Grease a baking sheet lightly, place the tofu pieces and bake it for 25-30 minutes, turning once in the middle.To have a crispy outer, broil it for another 8-10 minutes.

Nutrition Facts



Properties

Glycemic Index:0.31, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.57956522030999%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 19.55kcal (0.98%), Fat: 1.58g (2.44%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 44.78mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin E: 0.29mg (1.9%), Copper: 0.03mg (1.35%), Phosphorus: 13.31mg (1.33%), Iron: 0.21mg (1.18%), Vitamin K: 1.16µg (1.1%)