



WHATSheATE



Indian-Style Tofu and Cauliflower with Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown mustard seeds
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 tablespoons canola oil
- ☐ 1.3 pounds cauliflower florets
- ☐ 4.5 cups rice hot cooked
- ☐ 0.8 teaspoon cumin seeds
- ☐ 2 teaspoons curry powder

- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 inch ginger fresh peeled coarsely chopped
- ☐ 4 garlic cloves
- ☐ 1 medium onion cut into 6 wedges
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 14 ounce water-packed tofu firm drained

Equipment

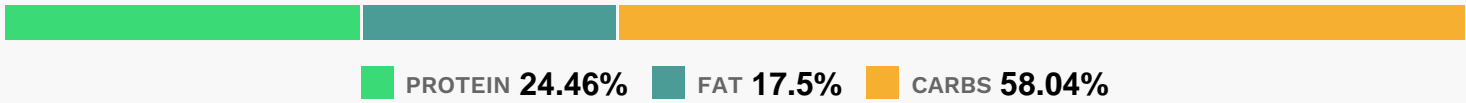
- ☐ food processor
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place tofu on several layers of paper towels. Cover tofu with several more layers of paper towels; top with a cast-iron or other heavy skillet.
- ☐ Let stand 30 minutes. Discard paper towels.
- ☐ Cut tofu into 1/2-inch cubes.
- ☐ Place onion in a food processor; pulse until finely chopped.
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add mustard seeds and cumin; cook 10 seconds or until mustard seeds begin to pop.
- ☐ Add onion and curry powder; cook 10 minutes, stirring frequently. Increase heat to medium-high; cook 2 minutes or until onion is golden, stirring constantly.
- ☐ Place garlic and ginger in food processor; process until a smooth paste forms. Stir garlic mixture into onion mixture; saut 1 minute, stirring constantly. Stir in tofu, cauliflower, 1/4 cup water, salt, and tomatoes; bring to a simmer. Cover, reduce heat to medium-low, and cook 15 minutes. Uncover, increase heat to medium, and simmer 10 minutes or until cauliflower is tender.

Spoon 3/4 cup rice onto each of 6 plates; top each serving with 1 cup tofu mixture. Spoon 2 teaspoons yogurt over each serving; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:38.76, Inflammation Score:-7, Nutrition Score:23.150869929272%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 320.22kcal (16.01%), Fat: 6.28g (9.67%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 42.62g (15.5%), Sugar: 6.5g (7.22%), Cholesterol: 24.02mg (8.01%), Sodium: 662.99mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.53%), Selenium: 55.63µg (79.47%), Vitamin C: 54.23mg (65.73%), Manganese: 0.94mg (47.19%), Vitamin B3: 8.45mg (42.24%), Vitamin B6: 0.66mg (33.07%), Vitamin B12: 1.76µg (29.37%), Vitamin K: 24.61µg (23.44%), Phosphorus: 233.72mg (23.37%), Potassium: 722.86mg (20.65%), Folate: 75.3µg (18.82%), Fiber: 4.3g (17.2%), Iron: 3.09mg (17.19%), Magnesium: 64.79mg (16.2%), Copper: 0.3mg (15.14%), Vitamin B5: 1.49mg (14.86%), Vitamin E: 2.19mg (14.62%), Vitamin B2: 0.2mg (11.59%), Zinc: 1.66mg (11.05%), Vitamin B1: 0.16mg (10.9%), Calcium: 102.63mg (10.26%), Vitamin D: 0.79µg (5.29%), Vitamin A: 241.01IU (4.82%)