



## Limantro Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon brown sugar
- 0.5 teaspoon cayenne pepper
- 0.3 cup cilantro leaves chopped
- 3 cloves garlic minced
- 1 teaspoon ground cumin
- 1 lime zest juiced
- 1 tablespoon olive oil
- 1.5 teaspoons soya sauce

12 ounce spicy tofu firm cubed drained

## Equipment

bowl

frying pan

slotted spoon

## Directions

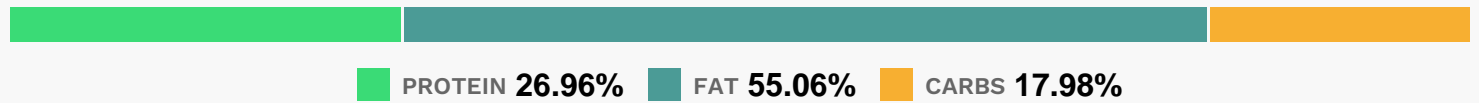
Mix cilantro, garlic, lime zest and juice, soy sauce, cumin, brown sugar, and cayenne pepper in a bowl.

Add tofu and marinate in refrigerator for 1 hour to overnight.

Remove tofu with a slotted spoon.

Heat olive oil in a skillet over medium heat; cook and stir marinated tofu until browned on all sides, 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:80.5, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:5.618260818979%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 233.82kcal (11.69%), Fat: 14.9g (22.92%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 8.22g (2.99%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 262.78mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.83%), Calcium: 245.01mg (24.5%), Iron: 3.21mg (17.83%), Vitamin C: 12.15mg (14.73%), Fiber: 2.73g (10.91%), Vitamin K: 11.15µg (10.62%), Vitamin E: 1.32mg (8.78%), Manganese: 0.15mg (7.64%), Vitamin A: 372.86IU (7.46%), Vitamin B6: 0.1mg (4.96%), Potassium: 101.53mg (2.9%), Copper: 0.06mg (2.84%), Phosphorus: 26.22mg (2.62%), Magnesium: 9.97mg (2.49%), Vitamin B1: 0.03mg (2.06%),

Vitamin B3: 0.39mg (1.94%), Vitamin B2: 0.03mg (1.74%), Folate: 5.51µg (1.38%), Selenium: 0.94µg (1.34%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.18mg (1.19%)