



Maple-Glazed Tofu with Spaghetti Squash

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider
- 1 tablespoon brown sugar
- 1 cup chicken broth
- 1 teaspoon cornstarch dissolved in 1 teaspoon cold water
- 14 ounce extra tofu dry drained
- 1 garlic clove smashed
- 0.5 tablespoon juice of lemon
- 2 tablespoons maple syrup

- 1 tablespoon olive oil extra virgin extra-virgin
- 1 tablespoon soya sauce
- 4 pound spaghetti squash
- 1 tablespoon butter unsalted melted

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- whisk
- cookie cutter

Directions

- Preheat oven to 350°F.
- Cut the squash in half lengthwise and scoop out the seeds.
- Brush both halves with the butter and sprinkle with the brown sugar.
- Place them, cut sides down, on a baking sheet and roast until fork-tender, about 1 hour.
- Meanwhile, in a skillet, combine the broth, syrup, cider, soy sauce, lemon juice, and garlic. Boil for 5 minutes, then whisk in the cornstarch and cook, whisking constantly, until the glaze thickens, about 1 to 2 minutes more. Set aside.
- Slice the tofu into 1/2-inch-thick slabs. Then use a knife or a cookie cutter to create cubes or playful shapes.
- Heat the oil in a saucepan over medium-high heat.
- Add the tofu and sear until golden brown, 2 to 3 minutes a side.
- Transfer to a paper towel-lined plate.

Scoop the squash strands out and into bowls. Top with the tofu, drizzle on the glaze, and serve.

Nutrition Facts



PROTEIN 15% FAT 33.27% CARBS 51.73%

Properties

Glycemic Index:20.38, Glycemic Load:1.82, Inflammation Score:-4, Nutrition Score:8.0243477639945%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 173.49kcal (8.67%), Fat: 6.8g (10.46%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 20.46g (7.44%), Sugar: 13.01g (14.46%), Cholesterol: 5.8mg (1.93%), Sodium: 392.75mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Manganese: 0.47mg (23.33%), Fiber: 3.33g (13.33%), Vitamin B3: 2.41mg (12.07%), Vitamin B6: 0.24mg (11.91%), Magnesium: 47.18mg (11.79%), Copper: 0.23mg (11.26%), Potassium: 371.23mg (10.61%), Vitamin B2: 0.18mg (10.32%), Phosphorus: 99.1mg (9.91%), Vitamin B1: 0.15mg (9.87%), Iron: 1.6mg (8.89%), Calcium: 82.75mg (8.28%), Vitamin B5: 0.8mg (7.99%), Folate: 26.66µg (6.66%), Vitamin A: 316.88IU (6.34%), Vitamin C: 5.17mg (6.27%), Zinc: 0.9mg (6.01%), Vitamin E: 0.69mg (4.58%), Vitamin K: 3.51µg (3.34%), Selenium: 0.96µg (1.37%)