

Marinated Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



510 min.

SERVINGS



3

CALORIES



363 kcal

SIDE DISH

Ingredients

- 12 ounce barbecue sauce
- 1 tablespoon olive oil
- 1 pound spicy tofu plain

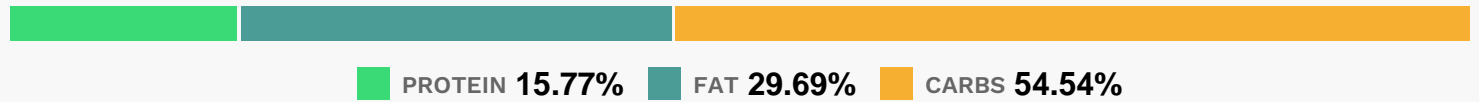
Equipment

- oven
- baking pan

Directions

- Drain tofu and cut into slices or cubes, depending upon your recipe.
- Place in a shallow dish, and coat with barbeque sauce. Cover, and refrigerate 3 hours or overnight, turning occasionally.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat oil in a non-stick skillet over medium-high heat. Cook with a small amount of sauce, turning occasionally, until browned on all sides. Return tofu to the baking dish.
- Bake in preheated oven for approximately 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:4.805217359377%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 363.3kcal (18.17%), Fat: 12.03g (18.51%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 47.51g (17.28%), Sugar: 38.1g (42.34%), Cholesterol: 0mg (0%), Sodium: 1174.14mg (51.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.77%), Calcium: 226.46mg (22.65%), Iron: 2.57mg (14.26%), Vitamin E: 1.58mg (10.53%), Fiber: 2.23g (8.92%), Potassium: 263.13mg (7.52%), Manganese: 0.14mg (7.14%), Vitamin A: 254.01IU (5.08%), Vitamin K: 4.85µg (4.62%), Vitamin B6: 0.09mg (4.25%), Copper: 0.08mg (4.08%), Vitamin B2: 0.06mg (3.74%), Magnesium: 14.74mg (3.69%), Vitamin B3: 0.68mg (3.38%), Phosphorus: 22.68mg (2.27%), Selenium: 1.47µg (2.11%), Vitamin B5: 0.19mg (1.86%), Vitamin B1: 0.03mg (1.74%), Zinc: 0.19mg (1.29%)