



Marinated Tofu Salad with Capers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon basil
- 2 tablespoons capers
- 10 cherry tomatoes halved
- 0.5 teaspoon ground pepper black
- 1 head leafy lettuce – torn dark green dry washed
- 0.3 cup olive oil
- 0.5 teaspoon oregano
- 0.3 onion red thinly sliced for garnish (or as preferred)

- 1 teaspoon salt
- 12 ounce spicy tofu firm drained cut into 1/2-inch cubes
- 2 tablespoons vinegar white

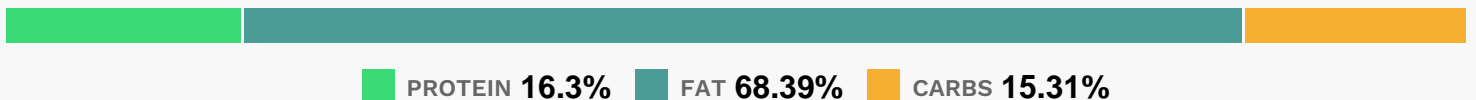
Equipment

- bowl
- whisk

Directions

- Whisk olive oil, vinegar, salt, basil, pepper, and oregano together in a bowl.
- Put tofu cubes in a large bowl.
- Pour marinade over tofu; add capers. Marinate tofu, stirring occasionally, for at least 10 minutes.
- Combine lettuce and tomatoes in a separate large bowl.
- Pour tofu mixture over lettuce and toss.
- Garnish with red onion.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:3.4782609252826%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 89.48kcal (4.47%), Fat: 7.02g (10.79%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 285.8mg (12.43%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin K: 17.95µg (17.09%), Vitamin A: 358.75IU (7.17%), Vitamin C: 5.66mg (6.86%), Vitamin E: 1mg (6.69%), Calcium: 57.82mg (5.78%), Manganese: 0.11mg (5.51%), Fiber: 1.2g (4.82%), Iron: 0.86mg (4.76%), Folate: 18.99µg (4.75%), Potassium: 120.5mg (3.44%), Vitamin B6: 0.04mg (2.05%), Vitamin B1: 0.03mg (2%), Copper: 0.04mg (1.78%), Phosphorus: 16.94mg (1.69%), Magnesium: 6.59mg (1.65%), Vitamin B2: 0.02mg (1.23%)