



Niçoise Tofu Skillet Supper



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon garlic salt
- ☐ 1 cup green beans frozen
- ☐ 1 hardboiled eggs chopped
- ☐ 0.5 teaspoon seasoning italian
- ☐ 2 cups potatoes – remove skin red sliced
- ☐ 0.5 cup onion red coarsely chopped
- ☐ 2 roma tomatoes thinly sliced (plum)
- ☐ 0.5 package tofu firm cut into 1/2-inch cubes (14-ounce size)

☐ 2 tablespoons vegetable oil

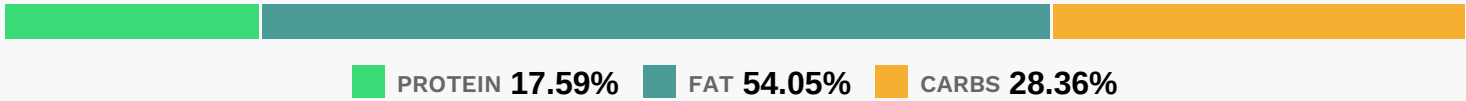
Equipment

☐ frying pan

Directions

- ☐ Heat oil in 12-inch skillet over medium-high heat. Cook onion in oil 2 minutes, stirring frequently. Stir in potatoes; reduce heat to medium-low. Cover and cook 10 to 12 minutes, stirring occasionally, until potatoes are tender.
- ☐ Stir in green beans, Italian seasoning and garlic salt. Cover and cook 6 to 8 minutes, stirring occasionally, until beans are tender and potatoes are light golden brown.
- ☐ Stir in tofu and tomatoes. Cook 3 to 5 minutes, stirring occasionally and gently, just until hot.
- ☐ Sprinkle each serving with egg.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:7.6121738527132%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 169.98kcal (8.5%), Fat: 10.5g (16.16%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 9.81g (3.57%), Sugar: 3.34g (3.71%), Cholesterol: 46.63mg (15.54%), Sodium: 318.97mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.39%), Vitamin K: 29.54µg (28.13%), Vitamin C: 12.31mg (14.92%), Vitamin A: 520.26IU (10.41%), Fiber: 2.59g (10.37%), Potassium: 350.28mg (10.01%), Manganese: 0.19mg (9.49%), Calcium: 93.77mg (9.38%), Vitamin B6: 0.17mg (8.45%), Iron: 1.52mg (8.44%), Folate: 30.37µg (7.59%), Vitamin B2: 0.12mg (6.88%), Phosphorus: 68.43mg (6.84%), Vitamin E: 1.02mg (6.79%), Selenium: 4.31µg (6.16%), Magnesium: 22.47mg (5.62%), Vitamin B1: 0.08mg (5.49%), Copper: 0.1mg (4.94%), Vitamin B3: 0.86mg (4.3%),

Vitamin B5: 0.4mg (3.96%), Zinc: 0.42mg (2.77%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.28µg (1.83%)