



HEALTH SCORE

100%

Palak Tofu (Tofu in Curried Spinach Sauce)



Vegetarian



Vegan



Gluten Free



Very Healthy

READY IN

**40 min.**

SERVINGS

**2**

CALORIES

**303 kcal**

SAUCE

Ingredients

- ☐ 5 ounces baby spinach fresh (1 pre-washed bag)
- ☐ 1 teaspoon cilantro leaves
- ☐ 1.5 teaspoon curry powder (or garam masala)
- ☐ 3 cloves garlic chopped
- ☐ 1 teaspoon ginger paste chopped (or 1 tsp. ginger)
- ☐ 1 teaspoon ground cumin
- ☐ 1 large onion finely chopped
- ☐ 2 servings salt to taste

- ☐ 3 tablespoons vanilla-flavored soy yogurt
- ☐ 1 pound tofu firm
- ☐ 3 medium tomatoes diced
- ☐ 0.5 teaspoon turmeric

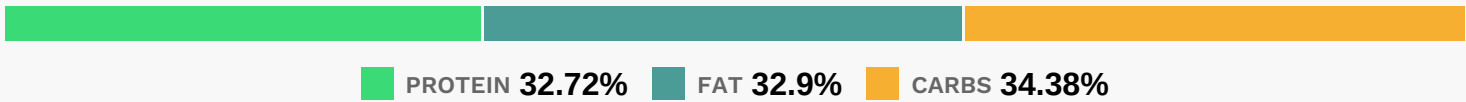
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cut the tofu into cubes about 1/2-1 inch in size. Spray or brush a non-stick skillet lightly with oil and heat it on medium-high.
- ☐ Add the tofu in a single layer, and cook it, turning often, until it is lightly golden on all sides.
- ☐ Remove it from the skillet and set aside.
- ☐ Add the onions to the skillet and cook until golden.
- ☐ Add the garlic and ginger paste and cook for another minute.
- ☐ Add the tomato, curry powder, coriander, cumin, and turmeric and cook until tomatoes begin to break down.
- ☐ Add the spinach, stir well, and cover. Cook until the spinach is completely wilted, about 3-5 minutes.
- ☐ Transfer the mixture to a food processor and blend until almost smooth.
- ☐ Pour it back into the skillet, add the yogurt and fenugreek and salt to taste.
- ☐ Add the tofu to the skillet, and cook on low for about 15 minutes.
- ☐ Serve over rice or with Indian flatbread.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:28.291304344716%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg, Kaempferol: 5.19mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg, Quercetin: 19.21mg

Nutrients (% of daily need)

Calories: 303.44kcal (15.17%), Fat: 11.59g (17.83%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 19.5g (7.09%), Sugar: 10.31g (11.45%), Cholesterol: 0mg (0%), Sodium: 278.23mg (12.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Vitamin K: 359.05µg (341.95%), Vitamin A: 8215.49IU (164.31%), Vitamin C: 55.46mg (67.23%), Manganese: 1.16mg (57.78%), Folate: 182.19µg (45.55%), Calcium: 444.33mg (44.43%), Iron: 6.69mg (37.17%), Fiber: 7.76g (31.02%), Potassium: 1014.24mg (28.98%), Magnesium: 93.36mg (23.34%), Vitamin B6: 0.46mg (23.11%), Vitamin E: 2.83mg (18.89%), Copper: 0.27mg (13.39%), Vitamin B2: 0.2mg (11.94%), Phosphorus: 119.23mg (11.92%), Vitamin B1: 0.18mg (11.86%), Vitamin B3: 1.85mg (9.26%), Zinc: 1mg (6.67%), Vitamin B5: 0.33mg (3.3%), Selenium: 2.05µg (2.94%), Vitamin D: 0.29µg (1.92%)