



Peanut-Crusted Tofu Tacos with Tangy Slaw

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cabbage thinly sliced
- 3 tablespoons canola oil divided
- 8 6-inch corn tortillas ()
- 0.5 cup dry-roasted peanuts salted
- 1 large eggs lightly beaten
- 14 ounce water-packed extra-firm tofu
- 0.8 cup flour all-purpose
- 0.3 cup green onions sliced

- 1 jalapeno seeded thinly sliced
- 0.5 teaspoon kosher salt
- 0.5 cup coconut milk light
- 2 tablespoons juice of lime fresh
- 0.5 cup panko bread crumbs (Japanese breadcrumbs)

Equipment

- food processor
- frying pan
- paper towels

Directions

- Cut tofu lengthwise into 4 (1/2-inch-thick) slices.
- Place tofu slices on several layers of heavy-duty paper towels. Cover tofu with additional paper towels; let stand 5 minutes.
- Cut each tofu slice, lengthwise, into 1/2-inch-thick strips; cut strips in half crosswise.
- Place peanuts in a food processor; process until ground.
- Combine peanuts and panko in a shallow dish, stirring well.
- Combine milk and egg in a shallow dish, stirring well.
- Place flour in a shallow dish.
- Heat a large skillet over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat. Dredge half of tofu in flour; dip in egg mixture. Dredge in peanut mixture.
- Add coated tofu to pan, and saut 4 minutes or until golden and crisp, turning to brown on all sides.
- Remove tofu from pan, and drain on paper towels. Repeat procedure with 1 tablespoon canola oil, tofu, flour, egg mixture, and peanut mixture.
- Combine cabbage and the next 4 ingredients (through jalapeo).
- Drizzle the cabbage mixture with remaining 1 tablespoon oil; toss to coat.
- Heat tortillas according to package directions.

Place 2 tortillas on each of 4 plates; top each tortilla with 1/4 cup slaw. Divide tofu evenly among tacos.

Serve with lime wedges, if desired.

Nutrition Facts

PROTEIN 15.45% **FAT 43.47%** **CARBS 41.08%**

Properties

Glycemic Index:58.38, Glycemic Load:23.67, Inflammation Score:-7, Nutrition Score:21.159565319186%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 534.37kcal (26.72%), Fat: 26.37g (40.56%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 48.88g (17.77%), Sugar: 3.6g (4%), Cholesterol: 46.5mg (15.5%), Sodium: 557.46mg (24.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.16%), Vitamin K: 52.63µg (50.13%), Manganese: 0.91mg (45.32%), Phosphorus: 409.71mg (40.97%), Vitamin B1: 0.48mg (31.72%), Vitamin B3: 5.81mg (29.05%), Fiber: 7.19g (28.76%), Magnesium: 111.77mg (27.94%), Selenium: 18.39µg (26.27%), Folate: 104.46µg (26.12%), Vitamin C: 20.78mg (25.19%), Copper: 0.48mg (23.92%), Iron: 4.21mg (23.39%), Vitamin B2: 0.31mg (18.26%), Vitamin E: 2.37mg (15.83%), Potassium: 548.19mg (15.66%), Zinc: 2.18mg (14.55%), Vitamin B6: 0.28mg (13.91%), Calcium: 137.02mg (13.7%), Vitamin B5: 0.75mg (7.47%), Vitamin A: 227.4IU (4.55%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.25µg (1.67%)