

Pistachio Crusted Tofu



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon chili paste depending on your taste pref
- ☐ 4 servings pepper to taste
- ☐ 0.5 teaspoon soy sauce low sodium
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup pistachios
- ☐ 2 tablespoons spicy brown mustard
- ☐ 3 tablespoons peach preserves
- ☐ 14 ounces spicy tofu

- ☐ 1 tablespoon veganaise
- ☐ 1.5 tablespoons citrus champagne vinegar
- ☐ 1.5 slices bread whole wheat

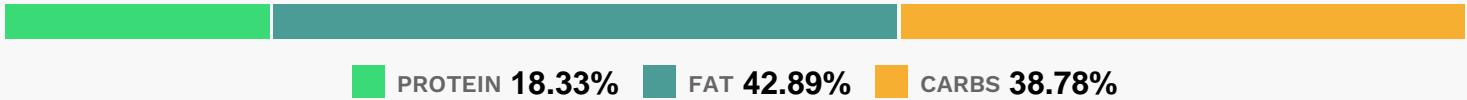
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Cut the tofu into 8 1/2-inch slices and dry them lightly with paper towels.
- ☐ Brush both sides of the tofu with the 2 tablespoons soy sauce and set aside to marinate for at least 10 minutes. While the tofu is marinating, place the bread into the food processor and pulse into fine crumbs. Measure out 1 cup of crumbs into a wide, shallow bowl. (Save any remaining crumbs for another use.) Pulse the pistachios in the processor until they are reduced to fine crumbs.
- ☐ Add them to the bread crumbs along with a generous grating of black pepper, and mix well. In another shallow bowl, combine the mustard, syrup, soy sauce, and mayo. Dip a slice of tofu into the mustard mixture, lightly coating all sides; then place it into the bread crumbs, sprinkle crumbs over the top and sides, and lightly press them into the tofu.
- ☐ Place on the prepared baking sheet. Repeat with all slices of tofu.
- ☐ Put the tofu into the oven and bake for 20 minutes, or until bread crumbs are golden brown.
- ☐ Serve with the sauce of your choice, such as the Easy Sweet and Sour Sauce below.

Nutrition Facts



Properties

Glycemic Index:64.55, Glycemic Load:11.5, Inflammation Score:-2, Nutrition Score:8.1834783294927%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 294.21kcal (14.71%), Fat: 14.24g (21.9%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 25.43g (9.25%), Sugar: 15.34g (17.05%), Cholesterol: 0mg (0%), Sodium: 182.59mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Manganese: 0.69mg (34.7%), Calcium: 176.94mg (17.69%), Vitamin B6: 0.29mg (14.7%), Fiber: 3.53g (14.1%), Vitamin B1: 0.2mg (13.24%), Iron: 2.31mg (12.84%), Copper: 0.25mg (12.34%), Phosphorus: 110.36mg (11.04%), Vitamin B2: 0.19mg (11.02%), Selenium: 6.65µg (9.5%), Magnesium: 33.85mg (8.46%), Potassium: 236.02mg (6.74%), Zinc: 0.66mg (4.39%), Folate: 14.75µg (3.69%), Vitamin B3: 0.73mg (3.67%), Vitamin E: 0.46mg (3.06%), Vitamin C: 2.29mg (2.77%), Vitamin B5: 0.18mg (1.81%), Vitamin A: 70.62IU (1.41%), Vitamin K: 1.1µg (1.05%)