



Slow-Cooked Tofu in Pineapple Barbecue Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



182 kcal

SAUCE

Ingredients

- 2 pepper flakes fresh hot chopped
- 1 tablespoon apple cider vinegar
- 2.5 ounces dates pitted
- 28 ounce extra tofu frozen
- 8 large cloves garlic minced
- 3 tablespoons ginger minced peeled
- 1 tablespoon juice of lime

- 1 large onion chopped
- 6 servings pepper black generous
- 1.5 cup pineapple crushed
- 2 tablespoons soya sauce
- 5 tablespoons tomato paste
- 0.3 cup water

Equipment

- frying pan
- oven
- pot
- blender
- casserole dish
- microwave
- slow cooker

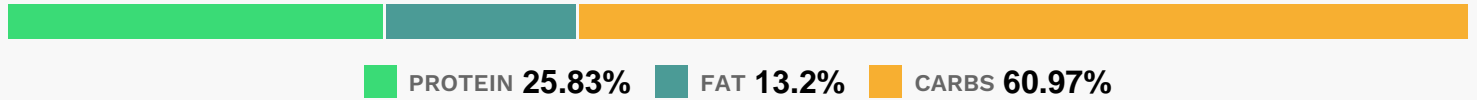
Directions

- Remove from freezer and allow to defrost in the refrigerator or use a quick defrost method (microwave or hot water bath). When tofu is completely defrosted, cut each block into halves horizontally and cut each half again vertically. Take each piece of tofu between your hands and gently press over a sink to squeeze out as much water as possible.
- Cut into 1/2-inch cubes.
- Saute the onion in a non-stick pan (or on the browning setting, if your crock-pot has one) until it begins to brown.
- Add the garlic and cook for another minute. Scrape the onion/garlic into a blender and add all remaining ingredients except tofu and salt. Blend on high speed until sauce is a uniform consistency.
- Place the tofu into the slow cooker (sprayed with non-stick spray or canola oil, if necessary) and pour the sauce over it. Stir very gently to make sure all sides of the tofu are covered. Cover and cook on Low for 8 hours or until sauce is absorbed and thickened. (Note: some crockpots run hotter than others so check once or twice to make sure the tofu isn't sticking)

or falling apart.) Check seasonings and add salt and extra lime juice as needed.

- Combine tofu and sauce in an oiled casserole dish. Cover and bake at 350 for a half hour.
- Remove cover and bake for 15–30 minutes, until sauce has thickened.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:6.53, Inflammation Score:-6, Nutrition Score:10.576087018718%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 182.26kcal (9.11%), Fat: 2.84g (4.36%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 26.18g (9.52%), Sugar: 20.97g (23.3%), Cholesterol: 0mg (0%), Sodium: 529.01mg (23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin C: 34.11mg (41.34%), Copper: 0.46mg (23.11%), Phosphorus: 184.35mg (18.43%), Potassium: 623.93mg (17.83%), Magnesium: 66.75mg (16.69%), Iron: 2.71mg (15.08%), Vitamin B1: 0.21mg (14.3%), Vitamin B6: 0.28mg (14.08%), Fiber: 3.28g (13.12%), Manganese: 0.26mg (12.79%), Calcium: 78.09mg (7.81%), Vitamin B3: 1.55mg (7.75%), Zinc: 1.14mg (7.62%), Vitamin A: 379.55IU (7.59%), Vitamin B2: 0.12mg (7.09%), Vitamin E: 0.72mg (4.79%), Vitamin K: 4.7µg (4.48%), Folate: 16.85µg (4.21%), Selenium: 2.15µg (3.07%), Vitamin B5: 0.21mg (2.07%)