



Spiced Tofu Fingers



Vegetarian



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



1189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 banana
- ☐ 0.5 cup golden breadcrumbs
- ☐ 1 tsp chilli powder
- ☐ 2 large eggs
- ☐ 1 tsp ground coriander
- ☐ 1.5 tsp ground cumin
- ☐ 1 tbsp milk
- ☐ 3 tbsp nutella

- ☐ 3 tsp onion powder
- ☐ 4 tbsp peanut butter
- ☐ 2 servings grinding of pepper black good
- ☐ 2 servings little rapeseed oil for frying
- ☐ 792 g blocks tofu
- ☐ 1 tablespoon vanilla extract
- ☐ 4 slices bread white

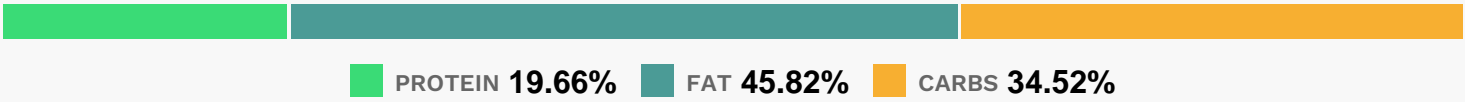
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Drain the tofu, then wrap it in kitchen paper and teatowels. Weight with heavy books and leave for half an hour to drain the excess liquid from the tofu.
- ☐ Unwrap the tofu and slice into fingers.
- ☐ Mix the breadcrumbs with the spices and pour onto a plate. Dip the tofu fingers in the breadcrumbs until well coated.
- ☐ Bake or fry in a little oil until golden and crunchy.
- ☐ Serve with ketchup for dipping.⁶, Enjoy!
- ☐ Whisk the eggs with the milk and vanilla extract and pour onto a plate.
- ☐ Make 2 sandwiches.
- ☐ Spread peanut butter on one slice, mash half a banana on top, on the other side spread nutella, sandwich together and press down firmly.
- ☐ Cut the sandwich in halves or quarters and dip in the egg before frying in a fairly hot pan, sprayed with a little oil, until crisp with an oozing centre.⁴,
- ☐ Serve immediately.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:157.78, Glycemic Load:38.62, Inflammation Score:-8, Nutrition Score:37.314347619596%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1188.75kcal (59.44%), Fat: 61.04g (93.9%), Saturated Fat: 23.45g (146.58%), Carbohydrates: 103.48g (34.49%), Net Carbohydrates: 89.75g (32.64%), Sugar: 51.44g (57.16%), Cholesterol: 186.9mg (62.3%), Sodium: 519.98mg (22.61%), Alcohol: 2.24g (100%), Alcohol %: 0.38% (100%), Caffeine: 3.88mg (1.29%), Protein: 58.93g (117.85%), Manganese: 1.64mg (82.15%), Calcium: 776.78mg (77.68%), Iron: 12.12mg (67.34%), Vitamin C: 50.47mg (61.18%), Fiber: 13.74g (54.95%), Vitamin E: 8.2mg (54.67%), Selenium: 32.22µg (46.03%), Phosphorus: 416.36mg (41.64%), Vitamin B3: 7.81mg (39.07%), Magnesium: 150.88mg (37.72%), Folate: 144.32µg (36.08%), Vitamin B2: 0.6mg (35.39%), Copper: 0.68mg (34.03%), Vitamin B6: 0.64mg (31.92%), Vitamin B1: 0.44mg (29.03%), Potassium: 984.4mg (28.13%), Vitamin K: 29.37µg (27.97%), Zinc: 3.01mg (20.1%), Vitamin B5: 1.95mg (19.47%), Vitamin A: 793.4IU (15.87%), Vitamin B12: 0.64µg (10.59%), Vitamin D: 1.08µg (7.22%)