



## Spiced Tofu Fingers

 Vegetarian

READY IN



40 min.

SERVINGS



20

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## 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
- ☐ 20 servings grinding of pepper black good
- ☐ 20 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.<sup>6</sup>, 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.<sup>4</sup>,
- ☐ Serve immediately.
- ☐ Enjoy!

## Nutrition Facts



 **PROTEIN 16.52%**  **FAT 54.34%**  **CARBS 29.14%**

## Properties

Glycemic Index:15.78, Glycemic Load:3.87, Inflammation Score:-2, Nutrition Score:3.9830434788828%

## Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 141.38kcal (7.07%), Fat: 8.63g (13.27%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 9.01g (3.28%), Sugar: 5.14g (5.72%), Cholesterol: 18.69mg (6.23%), Sodium: 52.02mg (2.26%), Alcohol: 0.22g (100%), Alcohol %: 0.33% (100%), Protein: 5.9g (11.8%), Manganese: 0.18mg (8.79%), Vitamin E: 1.26mg (8.41%), Calcium: 78.08mg (7.81%), Iron: 1.22mg (6.78%), Vitamin C: 5.05mg (6.12%), Fiber: 1.4g (5.59%), Vitamin K: 4.88µg (4.65%), Selenium: 3.23µg (4.61%), Phosphorus: 41.78mg (4.18%), Vitamin B3: 0.78mg (3.91%), Magnesium: 15.24mg (3.81%), Folate: 14.45µg (3.61%), Vitamin B2: 0.06mg (3.55%), Copper: 0.07mg (3.46%), Vitamin B6: 0.06mg (3.21%), Vitamin B1: 0.04mg (2.91%), Potassium: 99.64mg (2.85%), Zinc: 0.3mg (2.02%), Vitamin B5: 0.2mg (1.96%), Vitamin A: 79.83IU (1.6%), Vitamin B12: 0.06µg (1.06%)