



Spiced Tofu Fingers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup golden breadcrumbs
- ☐ 1 tsp chilli powder
- ☐ 1 tsp ground coriander
- ☐ 1.5 tsp ground cumin
- ☐ 3 tsp onion powder
- ☐ 20 servings grinding of pepper black good
- ☐ 20 servings little rapeseed oil for frying
- ☐ 792 g blocks tofu

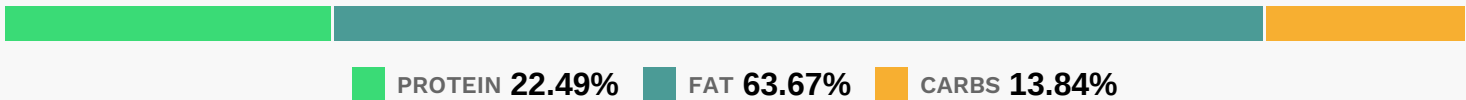
Equipment

☐ oven

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!

Nutrition Facts



Properties

Glycemic Index:5.23, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:1.4578260844168%

Flavonoids

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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Nutrients (% of daily need)

Calories: 64.14kcal (3.21%), Fat: 4.64g (7.14%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.69g (0.76%), Cholesterol: 0mg (0%), Sodium: 4.66mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Calcium: 55.88mg (5.59%), Vitamin C: 4.53mg (5.5%), Vitamin K: 4.71µg (4.49%), Vitamin E: 0.63mg (4.17%), Iron: 0.65mg (3.62%), Fiber: 0.67g (2.7%), Manganese: 0.03mg (1.61%)