



Spicy Tofu with Thai Slaw and Avocado on Multi-grain Bread



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots
- ☐ 1 tablespoon chili oil
- ☐ 0.3 head napa cabbage
- ☐ 0.5 small onion red
- ☐ 1 cup soya sauce
- ☐ 1 teaspoon sugar
- ☐ 2 ounce spicy tofu organic firm

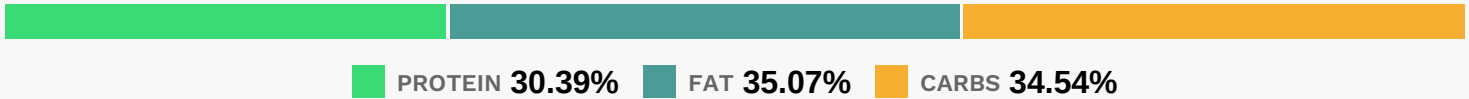
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ For the tofu: In a deep bowl, combine the soy sauce, chili oil and sugar to create a marinade.
- ☐ Place the tofu in the marinade and let sit for 30 minutes.
- ☐ For the slaw: Julienne the carrot, cabbage and red onion and set aside.
- ☐ In a small bowl, combine the soy sauce, orange juice, cilantro, garlic, ginger and chili oil.
- ☐ Pour the dressing over the cabbage mixture.
- ☐ Place the tofu on the grill until grill marks appear on both sides. Slice.
- ☐ Layer the avocado and tofu slices on the bread and top with the slaw.

Nutrition Facts



Properties

Glycemic Index:205.92, Glycemic Load:9.6, Inflammation Score:-10, Nutrition Score:41.490435019783%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 421kcal (21.05%), Fat: 17.54g (26.99%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 30.33g (11.03%), Sugar: 17.56g (19.51%), Cholesterol: 0mg (0%), Sodium: 13033.4mg (566.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.2g (68.4%), Vitamin A: 11145.76IU (222.92%), Vitamin K: 145.4µg (138.48%), Vitamin C: 88.67mg (107.48%), Manganese: 1.89mg (94.3%), Folate: 300.8µg (75.2%), Vitamin

B6: 1.31mg (65.51%), Vitamin B3: 11.03mg (55.15%), Phosphorus: 425.9mg (42.59%), Potassium: 1481.56mg (42.33%), Iron: 7.51mg (41.73%), Calcium: 381.23mg (38.12%), Magnesium: 144.62mg (36.15%), Fiber: 8.55g (34.21%), Vitamin B2: 0.55mg (32.57%), Copper: 0.47mg (23.52%), Vitamin B1: 0.32mg (21.5%), Vitamin E: 2.79mg (18.6%), Vitamin B5: 1.42mg (14.21%), Zinc: 1.93mg (12.85%), Selenium: 4.02µg (5.74%)