



Tex-Mex Fajitas



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons cider vinegar
- ☐ 14 oz extra-firm tofu drained
- ☐ 8 6-inch fajita-size flour tortillas warmed ()
- ☐ 1 teaspoon ground cumin
- ☐ 1 bell pepper red cut into thin strips
- ☐ 0.5 cup chunky salsa
- ☐ 1 teaspoon salt

- ☐ 0.5 medium size onion sweet thinly sliced
- ☐ 7 teaspoons vegetable oil divided

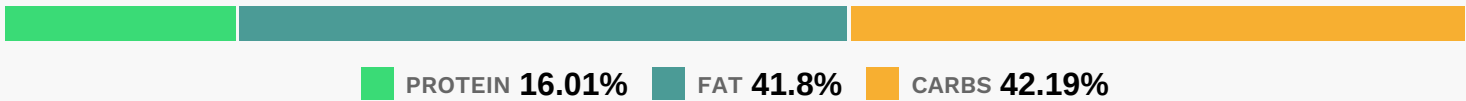
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle tofu with cumin and chili powder; gently toss to coat all sides.
- ☐ Cook half of tofu in 3 tsp. hot oil in a large nonstick skillet over medium heat 5 minutes on each side.
- ☐ Remove tofu, and keep warm. Repeat procedure with 3 tsp. oil and remaining tofu.
- ☐ Saut sliced onion and bell pepper in remaining 1 tsp. hot oil in skillet over medium-high heat 2 minutes or until tender. Stir in salsa, vinegar, and salt; cook 2 minutes.
- ☐ Pour mixture over tofu.
- ☐ Remove from heat.
- ☐ Serve with warm tortillas and your favorite toppings.
- ☐ *1 lb. chopped cooked chicken breasts may be substituted for tofu. Cook 7 minutes, stirring often.
- ☐ Note: We tested with Nasoya Extra Firm Tofu and Pace Chunky Salsa.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:1.4965217398561%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 37.08kcal (1.85%), Fat: 1.74g (2.68%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 125.38mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 4.07mg (4.94%), Vitamin A: 124.25IU (2.48%), Calcium: 23.79mg (2.38%), Vitamin B1: 0.04mg (2.34%), Iron: 0.42mg (2.32%), Manganese: 0.04mg (2.15%), Vitamin K: 2.23µg (2.12%), Folate: 8.11µg (2.03%), Selenium: 1.4µg (2.01%), Fiber: 0.47g (1.88%), Vitamin B3: 0.34mg (1.72%), Phosphorus: 15.71mg (1.57%), Vitamin B2: 0.02mg (1.29%), Vitamin B6: 0.02mg (1.23%), Vitamin E: 0.17mg (1.15%)