



Thai Curry Tofu

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 10 ounce coconut milk canned
- 1 tablespoon canola oil
- 2 teaspoons curry powder
- 12 ounce extra-firm tofu cubed drained
- 0.3 cup cilantro leaves fresh chopped
- 3 cloves garlic minced
- 0.3 teaspoon ground pepper black

- 1 small onion chopped
- 0.5 teaspoon salt
- 1 tablespoon lawry's seasoned salt to taste

Equipment

- frying pan
- paper towels

Directions

- Heat oil in a large skillet over medium-high heat.
- Add tofu cubes, season with seasoned salt and fry until golden on all sides, stirring occasionally, about 15 minutes.
- Remove to paper towels, and set aside.
- Melt butter or margarine in the same skillet over medium heat.
- Add the onion and garlic; cook and stir until tender. Stir in coconut milk, curry powder, salt, pepper and cilantro. Return the tofu to the skillet. Simmer over low heat for 15 minutes, stirring occasionally.

Nutrition Facts

PROTEIN 12.2% **FAT 76.52%** **CARBS 11.28%**

Properties

Glycemic Index:35.25, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:7.1121738292277%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 304.7kcal (15.24%), Fat: 27.1g (41.7%), Saturated Fat: 16.26g (101.6%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 6.02g (2.19%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 2083.92mg (90.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Manganese: 0.78mg (38.89%), Iron: 2.6mg (14.45%),

Calcium: 134.06mg (13.41%), Fiber: 2.98g (11.9%), Copper: 0.22mg (10.79%), Phosphorus: 84.36mg (8.44%), Magnesium: 31.71mg (7.93%), Vitamin E: 1.08mg (7.19%), Selenium: 4.99µg (7.13%), Potassium: 245.16mg (7%), Vitamin K: 6.98µg (6.64%), Vitamin C: 4.37mg (5.3%), Vitamin B6: 0.09mg (4.3%), Folate: 16.95µg (4.24%), Vitamin A: 203.77IU (4.08%), Zinc: 0.58mg (3.89%), Vitamin B3: 0.62mg (3.11%), Vitamin B1: 0.03mg (2.31%), Vitamin B5: 0.17mg (1.75%)