



Tofu Cuban Sandwiches With Jicama Sticks

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chili powder
- 14 ounce extra-firm tofu
- 3 cloves garlic roughly chopped
- 0.8 pound jicama
- 2 juice of orange
- 1.5 tablespoons olive oil extra-virgin
- 1 small onion sliced
- 0.7 cup roasted peppers red drained and rinsed chopped

- 4 small hoagie rolls whole-wheat split
- 5 ounces swiss cheese shredded low-fat low-sodium
- 0.3 cup mustard yellow

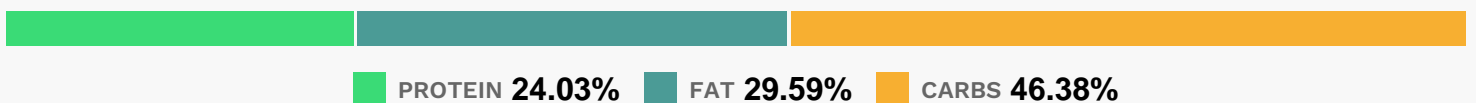
Equipment

- bowl
- frying pan
- knife
- cutting board

Directions

- Lay the tofu on a cutting board and cut horizontally into 8 equal slices. Put in a shallow dish with the onion, garlic, olive oil and half of the orange juice and turn to coat; marinate 5 to 10 minutes.
- Meanwhile, peel the jicama using a sharp knife and cut into sticks. Toss in a bowl with the remaining orange juice and the chili powder.
- Heat a large nonstick skillet over medium-high heat. Turn the tofu to coat, add to the pan and cook until golden, 3 minutes per side.
- Transfer to a plate.
- Add the marinade to the pan and cook, stirring, 4 minutes.
- Spread the cut sides of the rolls with the mustard and sprinkle with the cheese. Sandwich with the peppers, pickle, onion mixture and tofu.
- Heat a large cast-iron skillet over medium heat. Working in batches, add the sandwiches and top with another heavy skillet to flatten; cook until golden brown and the cheese melts, 2 to 3 minutes per side.
- Serve with the jicama sticks.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:25.9, Inflammation Score:-6, Nutrition Score:15.904782864711%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 436.65kcal (21.83%), Fat: 14.4g (22.16%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 43.38g (15.77%), Sugar: 10.15g (11.27%), Cholesterol: 12.4mg (4.13%), Sodium: 864.57mg (37.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.63%), Iron: 13.03mg (72.4%), Vitamin C: 45.09mg (54.65%), Calcium: 512.41mg (51.24%), Fiber: 7.42g (29.69%), Phosphorus: 265.17mg (26.52%), Selenium: 10.92µg (15.6%), Zinc: 1.74mg (11.57%), Vitamin B2: 0.19mg (10.99%), Manganese: 0.22mg (10.99%), Vitamin B12: 0.6µg (9.92%), Magnesium: 38.8mg (9.7%), Potassium: 321.38mg (9.18%), Vitamin B6: 0.18mg (8.99%), Vitamin E: 1.29mg (8.61%), Folate: 29.58µg (7.4%), Vitamin B1: 0.1mg (6.61%), Vitamin A: 301.72IU (6.03%), Copper: 0.12mg (6.01%), Vitamin K: 4.1µg (3.9%), Vitamin B3: 0.59mg (2.94%), Vitamin B5: 0.26mg (2.63%)