



Tofu Fish Fillet

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tsp garlic powder
- ☐ 1 tbsp kombu
- ☐ 0.5 cup plant-based milk
- ☐ 0.3 tsp old bay seasoning
- ☐ 0.5 tsp onion powder
- ☐ 12 ounces super protein tofu
- ☐ 2 slices bread whole wheat whole

Equipment

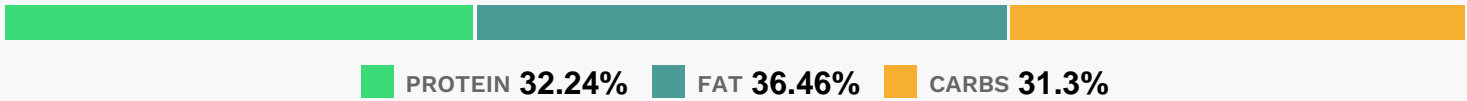
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350F. Line a baking sheet with parchment paper and set aside.
 - ☐ Cut tofu into 5 slices (or smaller pieces for nuggets) and set aside.
 - ☐ Place bread slices in food processor and process until crumbs form.
 - ☐ Add spices and Old Bay to taste, a few dashes of black pepper to bread crumbs and process for 1 more minute.
 - ☐ Transfer breading mixture to a shallow bowl. From here, you can bread the tofu one of two ways: lightly spray one side of the tofu with your oil spray can and press the breading into one side of the tofu (giving one side a thick, flaky crust) or dip the tofu into soymilk and lightly batter the entire fillet.
 - ☐ Bake 25–30 minutes and serve tucked into warm pitas with chopped lettuce and papaya salsa.
- Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 90g
- ☐ Carbohydrate
- ☐ 90gDietary Fiber0.70gSugars1.80gProtein6.50g

Nutrition Facts



Properties

Glycemic Index:25.54, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:3.5130434473572%

Nutrients (% of daily need)

Calories: 102.75kcal (5.14%), Fat: 4.19g (6.44%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.9g (2.11%), Cholesterol: 2.93mg (0.98%), Sodium: 65.11mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.67%), Calcium: 136.91mg (13.69%), Manganese: 0.25mg (12.67%), Iron: 1.18mg (6.58%), Fiber: 1.3g (5.21%), Phosphorus: 50.99mg (5.1%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.06mg (4.04%), Magnesium: 13.44mg (3.36%), Vitamin B2: 0.05mg (3.21%), Vitamin B3: 0.53mg (2.66%), Vitamin B6: 0.05mg (2.35%), Zinc: 0.33mg (2.21%), Vitamin B12: 0.13µg (2.2%), Vitamin K: 2.22µg (2.12%), Potassium: 72.07mg (2.06%), Vitamin D: 0.27µg (1.79%), Vitamin B5: 0.18mg (1.78%), Folate: 6.91µg (1.73%), Copper: 0.03mg (1.53%)