



Tofu Frites



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 15.5 oz extra-firm tofu
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper
- ☐ 4 servings thai sweet
- ☐ 4 servings vegetable oil for frying

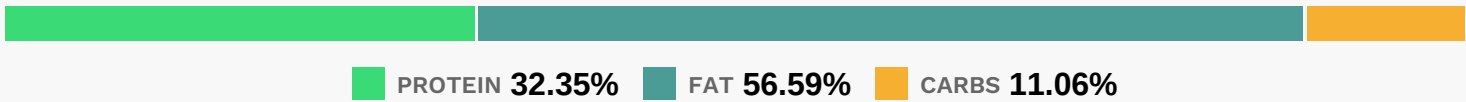
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Pour oil into a large saucepan to a depth of 1 in. and heat to 35
- ☐ Cut tofu into sticks about 1/2 in. wide and 3 to 4 in. long; pat dry with a towel.
- ☐ Mix together salt, pepper, and cayenne in a small bowl; set aside.
- ☐ Drop tofu sticks into hot oil, working in batches, making sure they don't touch. Use a slotted spoon to gently turn tofu over occasionally; cook until golden brown, about 3 minutes.
- ☐ Transfer to a plate lined with paper towels.
- ☐ Sprinkle with seasoning mix and parsley, and serve with chili sauce.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:3.400869615376%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 120.83kcal (6.04%), Fat: 7.69g (11.82%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 306.29mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.77%), Vitamin K: 38.46µg (36.63%), Calcium: 141.55mg (14.16%), Iron: 1.48mg (8.22%), Vitamin A: 221.86IU (4.44%), Fiber: 1.05g (4.19%), Vitamin C: 2.76mg (3.34%), Manganese: 0.04mg (1.92%), Vitamin E: 0.28mg (1.89%)