

Tofu Jambalaya

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 ounces tomatoes diced canned
- 2 ribs celery chopped
- 2.5 tsp chipotle chili powder (may use part chipotle chili powder)
- 1 lb extra tofu frozen
- 3 cloves garlic chopped
- 0.5 tsp liquid smoke
- 1 large onion chopped
- 1 bell pepper green red chopped (and/or)

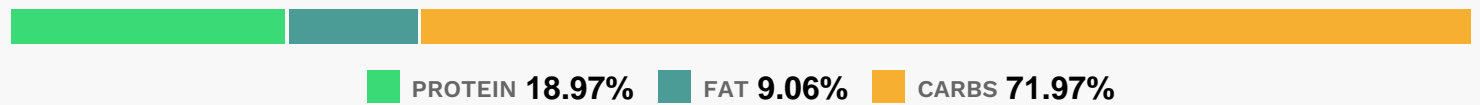
- 6 servings pepper black red to taste (cayenne)
- 1 tsp salt
- 1 tsp thyme leaves
- 0.5 cup sacramento tomato juice
- 1 cup rice white uncooked

Equipment

Directions

- Add rice and garlic and cook, stirring, until it browns slightly.
- Add tomatoes, water, chili powder and other seasonings, and stir. (It's the cayenne pepper that makes this spicy, so be sure to add plenty!) Gently stir in tofu, cover tightly and put on low heat. Cook for 30 minutes or until rice is done and liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:15.87, Inflammation Score:-7, Nutrition Score:12.543478281602%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 201.68kcal (10.08%), Fat: 2.08g (3.2%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 33.79g (12.29%), Sugar: 6.47g (7.18%), Cholesterol: 0mg (0%), Sodium: 659.88mg (28.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Vitamin C: 34.91mg (42.31%), Manganese: 0.58mg (29.1%), Copper: 0.37mg (18.41%), Vitamin B6: 0.36mg (17.77%), Potassium: 583.02mg (16.66%), Iron: 2.92mg (16.22%), Phosphorus: 160.22mg (16.02%), Vitamin A: 720.24IU (14.4%), Magnesium: 53.3mg (13.32%), Fiber: 3.32g (13.29%), Vitamin B1: 0.18mg (12.13%), Vitamin K: 11.19µg (10.65%), Vitamin B3: 2.06mg (10.3%), Vitamin E: 1.54mg (10.29%), Calcium: 95.82mg (9.58%), Vitamin B2: 0.15mg (8.99%), Selenium: 5.48µg (7.82%), Zinc: 1.16mg

(7.74%), Folate: 29.07µg (7.27%), Vitamin B5: 0.62mg (6.23%)