



WHATSheATE



Tofu Marsala



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups pasta hot cooked uncooked (8 ounces pasta)
- ☐ 24.6 ounce extra-firm tofu drained
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup green onions minced
- ☐ 2 cups garden brown sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup plum brandy sweet divided

☐ 2 teaspoons olive oil divided

Equipment

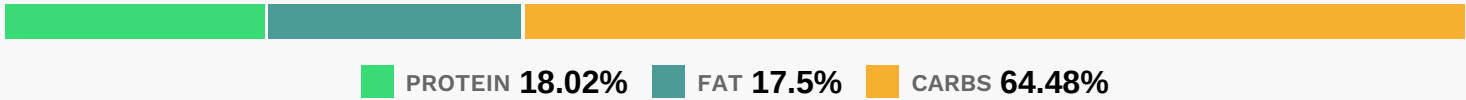
☐ frying pan

☐ sauce pan

Directions

- ☐ Combine Garden Brown Sauce and 1/4 cup Marsala in a small saucepan; bring to a boil.
- ☐ Remove from heat; keep warm.
- ☐ Slice tofu lengthwise into 8 (1/2-inch-thick) steaks. Dredge in flour.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of tofu; saut 2 minutes on each side or until browned.
- ☐ Remove from pan; keep warm. Repeat procedure with 1 teaspoon oil and remaining tofu. Stir in 1/4 cup Marsala and juice, scraping pan to loosen brown bits. Stir in brown sauce mixture, onions, and 2 tablespoons parsley. Arrange 1 cup pasta on each of 4 plates; top each with 2 tofu steaks and 1/2 cup sauce.
- ☐ Garnish with additional parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:25.29, Inflammation Score:-5, Nutrition Score:12.543043406113%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg
Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 618.2kcal (30.91%), Fat: 11.26g (17.32%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 93.3g (31.1%), Net Carbohydrates: 88.79g (32.29%), Sugar: 31.32g (34.8%), Cholesterol: 0mg (0%), Sodium: 1433.34mg (62.32%), Alcohol: 4.59g (100%), Alcohol %: 1.18% (100%), Protein: 26.08g (52.17%), Selenium: 41.13µg (58.76%), Vitamin K: 51.28µg (48.84%), Manganese: 0.57mg (28.64%), Iron: 4.64mg (25.8%), Calcium: 240.66mg (24.07%), Fiber: 4.51g (18.04%), Phosphorus: 99.78mg (9.98%), Copper: 0.18mg (9.01%), Folate: 33.57µg (8.39%), Magnesium: 33.41mg (8.35%), Vitamin C: 5.68mg (6.88%), Vitamin B1: 0.1mg (6.86%), Vitamin B3: 1.18mg (5.89%), Zinc: 0.87mg (5.81%), Vitamin A: 251.79IU (5.04%), Vitamin B2: 0.08mg (4.83%), Vitamin B6: 0.08mg (4.15%), Potassium: 137.72mg (3.93%), Vitamin E: 0.45mg (2.97%), Vitamin B5: 0.23mg (2.25%)