



 **14%**
HEALTH SCORE

Tofu Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

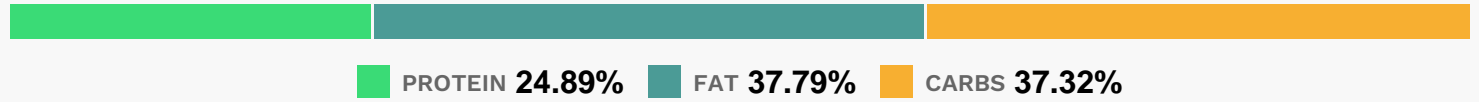
- 15 ounce garbanzo beans drained canned
- 1 tablespoon canola oil
- 2 tablespoons garam masala
- 1 clove garlic minced
- 1 bell pepper green chopped
- 1 onion chopped
- 3 servings salt and pepper to taste
- 14 ounce tofu firm cubed

1 tomatoes chopped

2 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:6.88, Inflammation Score:-7, Nutrition Score:15.976956521739%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 321.39kcal (16.07%), Fat: 13.84g (21.3%), Saturated Fat: 1.34g (8.41%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 21.05g (7.65%), Sugar: 3.99g (4.44%), Cholesterol: 0mg (0%), Sodium: 608.1mg (26.44%), Protein: 20.52g (41.03%), Manganese: 1.32mg (65.96%), Vitamin C: 40.68mg (49.3%), Vitamin B6: 0.85mg (42.43%), Fiber: 9.71g (38.82%), Calcium: 238.15mg (23.81%), Iron: 3.67mg (20.4%), Copper: 0.31mg (15.5%), Phosphorus: 143.33mg (14.33%), Folate: 52.55µg (13.14%), Magnesium: 52.25mg (13.06%), Potassium: 428.29mg (12.24%), Vitamin A: 510.38IU (10.21%), Vitamin K: 9.67µg (9.21%), Vitamin E: 1.19mg (7.95%), Zinc: 1.19mg (7.93%), Vitamin B1: 0.1mg (6.8%), Vitamin B5: 0.55mg (5.51%), Selenium: 3.16µg (4.52%), Vitamin B3: 0.67mg (3.34%), Vitamin B2: 0.05mg (3.01%)