



## Tofu Ranchero

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 corn tortillas
- 4 servings jack cheese shredded
- 6 cups vegetables mixed diced green (recommended: onion, bell peppers, zucchini, carrots, and mushrooms)
- 2 cups salsa
- 16 ounces spicy tofu diced
- 4 servings vegetable oil

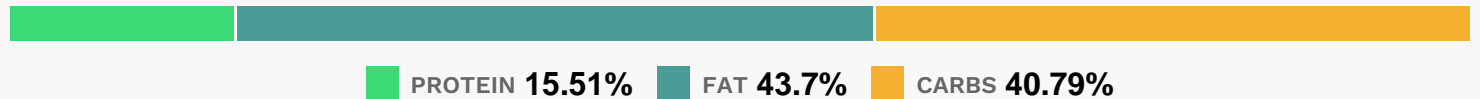
## Equipment

frying pan

## Directions

- In a hot saute pan coated with oil, saute the tofu and vegetables until al dente, about 6 to 8 minutes.
- Add the salsa and cook the mixture until it is hot.
- Serve the tofu ranchero over a corn tortilla and top it with shredded cheese.

## Nutrition Facts



## Properties

Glycemic Index:25.63, Glycemic Load:10.97, Inflammation Score:-9, Nutrition Score:22.084782524925%

## Flavonoids

Luteolin: 10.53mg, Luteolin: 10.53mg, Luteolin: 10.53mg, Luteolin: 10.53mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

## Nutrients (% of daily need)

Calories: 418.5kcal (20.93%), Fat: 21.4g (32.93%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 44.94g (14.98%), Net Carbohydrates: 34.62g (12.59%), Sugar: 11.12g (12.36%), Cholesterol: 0.89mg (0.3%), Sodium: 893.44mg (38.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.19%), Vitamin C: 182.16mg (220.8%), Vitamin K: 47.77µg (45.5%), Vitamin B6: 0.84mg (42.21%), Fiber: 10.32g (41.29%), Manganese: 0.59mg (29.46%), Vitamin A: 1459.68IU (29.19%), Phosphorus: 254.02mg (25.4%), Calcium: 250.08mg (25.01%), Vitamin E: 3.71mg (24.71%), Potassium: 824.05mg (23.54%), Magnesium: 79.56mg (19.89%), Iron: 3.32mg (18.42%), Vitamin B3: 3.31mg (16.55%), Copper: 0.31mg (15.62%), Vitamin B1: 0.22mg (14.8%), Zinc: 1.26mg (8.41%), Vitamin B2: 0.14mg (8.35%), Folate: 30.33µg (7.58%), Selenium: 4.49µg (6.41%), Vitamin B5: 0.54mg (5.43%)