



WHATSheATE



## Tofu Steaks with Red Pepper-Walnut Sauce

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup egg substitute
- ☐ 14 ounce extra tofu reduced-fat
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped

- ☐ 8 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 12 ounce roasted peppers red drained
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons walnut pieces toasted chopped
- ☐ 0.3 cup water
- ☐ 2 tablespoons citrus champagne vinegar

## Equipment

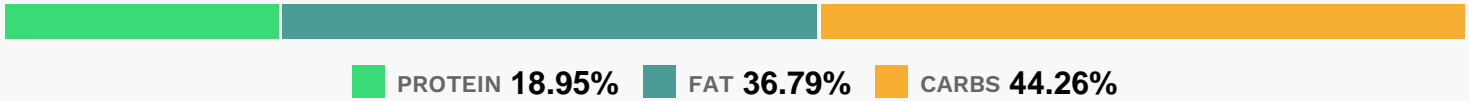
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ ziploc bags

## Directions

- ☐ Cut tofu crosswise into 4 slices.
- ☐ Place tofu slices on several layers of heavy-duty paper towels; cover with additional paper towels.
- ☐ Let stand 30 minutes, pressing down occasionally.
- ☐ Combine basil and next 8 ingredients (through garlic) in a large zip-top plastic bag.
- ☐ Add tofu to bag; seal. Marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Place flour in a shallow dish.
- ☐ Place egg substitute in another shallow dish.
- ☐ Place panko in another shallow dish.
- ☐ Remove tofu from marinade, reserving remaining marinade. Working with one tofu piece at a time, dredge tofu in flour, shaking off excess. Dip tofu in egg substitute, allowing excess to drip off. Coat tofu completely with panko, pressing lightly to adhere. Set aside. Repeat procedure with remaining tofu, flour, egg substitute, and panko.
- ☐ Heat a large nonstick skillet over medium-high heat.

- ☐ Add olive oil to pan, swirling to coat.
- ☐ Add tofu to pan; reduce heat to medium, and cook for 4 minutes on each side or until browned.
- ☐ Remove tofu from pan, and keep warm.
- ☐ Combine reserved marinade, walnuts, and bell peppers in a blender; process until smooth (about 2 minutes).
- ☐ Pour bell pepper mixture into pan; cook over medium-high heat 2 minutes or until thoroughly heated.
- ☐ Serve with tofu.

## Nutrition Facts



## Properties

Glycemic Index:76, Glycemic Load:9.41, Inflammation Score:-10, Nutrition Score:22.864347851795%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 386.78kcal (19.34%), Fat: 16.02g (24.65%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 39.27g (14.28%), Sugar: 3.83g (4.26%), Cholesterol: 0mg (0%), Sodium: 1701.12mg (73.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.13%), Vitamin C: 47.45mg (57.52%), Manganese: 0.95mg (47.54%), Vitamin K: 45.95µg (43.76%), Selenium: 28.05µg (40.08%), Vitamin B1: 0.6mg (39.78%), Iron: 5.6mg (31.13%), Copper: 0.58mg (28.94%), Phosphorus: 248.59mg (24.86%), Vitamin B2: 0.41mg (23.95%), Folate: 91.81µg (22.95%), Vitamin B3: 3.9mg (19.52%), Magnesium: 77.72mg (19.43%), Vitamin B6: 0.38mg (18.9%), Vitamin A: 919.33IU (18.39%), Calcium: 179.73mg (17.97%), Fiber: 4.1g (16.41%), Potassium: 513.22mg (14.66%), Zinc: 1.99mg (13.28%), Vitamin E: 1.71mg (11.41%), Vitamin B5: 0.87mg (8.75%), Vitamin B12: 0.21µg (3.45%), Vitamin D: 0.48µg (3.2%)