



Tofu Tacos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups cabbage shredded finely
- ☐ 0.3 teaspoon cayenne
- ☐ 1 tablespoon chili powder
- ☐ 8 corn tortillas (6 in. diameter)
- ☐ 12 ounces vacuum-packed extra-firm tofu
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime

- ☐ 1 cup tomato salsa
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 2 tablespoons soya sauce

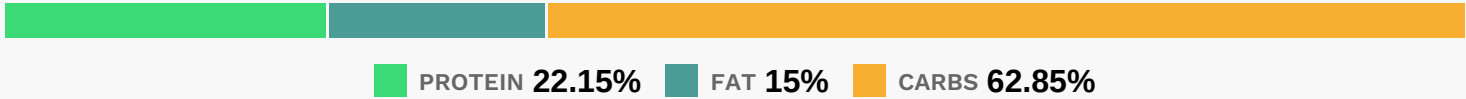
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ microwave
- ☐ skewers
- ☐ colander
- ☐ wooden skewers

Directions

- ☐ Rinse tofu, drain in a colander for about 5 minutes, then pat dry with paper towels.
- ☐ Cut into 1-inch cubes and lightly blot with more paper towels.
- ☐ In a bowl, mix soy sauce, lime juice, chili powder, cumin, garlic powder, and cayenne.
- ☐ Add tofu and mix gently to coat cubes completely.
- ☐ Let stand 5 to 10 minutes, stirring occasionally.
- ☐ Meanwhile, in another bowl, mix cabbage with vinegar. Stack tortillas and enclose in plastic wrap.
- ☐ Thread tofu cubes equally onto four 8-inch wooden skewers (see notes). Set a 12-inch nonstick frying pan over medium-high heat. When pan is hot, lay skewers in pan and turn as needed to brown tofu on all sides, 5 to 6 minutes total.
- ☐ Transfer to a serving platter. Mound cabbage mixture alongside.
- ☐ Heat tortillas in a microwave oven at full power (100%) until hot and steamy, 30 to 45 seconds. Wrap in a towel.
- ☐ Serve with tofu and cabbage, salsa, and sour cream. Eat taco style, filling tortillas as desired.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:10.93, Inflammation Score:-8, Nutrition Score:15.085217320401%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 210.28kcal (10.51%), Fat: 3.71g (5.71%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 28.19g (10.25%), Sugar: 5.86g (6.51%), Cholesterol: 0mg (0%), Sodium: 1049.93mg (45.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.65%), Vitamin K: 44.9µg (42.76%), Phosphorus: 307.29mg (30.73%), Fiber: 6.78g (27.12%), Vitamin C: 21.73mg (26.34%), Manganese: 0.44mg (21.87%), Magnesium: 86.01mg (21.5%), Vitamin A: 1017.73IU (20.35%), Vitamin B6: 0.38mg (19.08%), Iron: 3.12mg (17.34%), Copper: 0.34mg (17.24%), Potassium: 567.68mg (16.22%), Vitamin B1: 0.19mg (12.59%), Vitamin E: 1.85mg (12.32%), Vitamin B3: 2.46mg (12.32%), Calcium: 122.52mg (12.25%), Zinc: 1.59mg (10.63%), Vitamin B2: 0.14mg (8.32%), Folate: 30.86µg (7.72%), Selenium: 4.65µg (6.65%), Vitamin B5: 0.36mg (3.61%)