

Tofu Tacos I



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 teaspoons chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 juice of lime juiced
- ☐ 2 cups lettuce shredded

- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 cup salsa
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 10 medium taco shells
- ☐ 16 ounce garden herb tofu crumbled
- ☐ 0.5 cup tomato sauce
- ☐ 2 tomatoes chopped
- ☐ 2 tablespoons vegetable oil

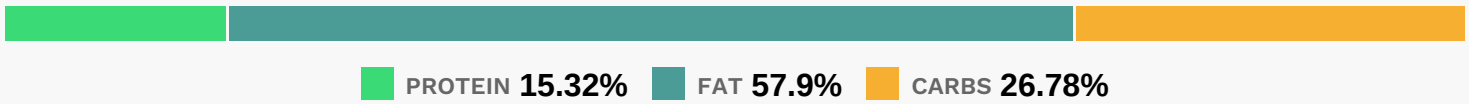
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Over a medium heat fry the tofu, oil, garlic and onion in a large skillet for 5 minutes.
- ☐ Add the chili powder, paprika, cayenne, cumin, salt, lime juice and tomato sauce to the skillet and stir. Cook for 3 minutes. Stir in the cilantro. Spoon mixture in a serving bowl.
- ☐ Spoon the tofu mixture into taco shells. Top the mixture with lettuce, tomatoes, avocado, Cheddar cheese and salsa.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:7.76, Inflammation Score:-7, Nutrition Score:10.046956396621%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-

gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 275.9kcal (13.79%), Fat: 18.28g (28.13%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 14.39g (5.23%), Sugar: 3.16g (3.52%), Cholesterol: 14.13mg (4.71%), Sodium: 361.26mg (15.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.77%), Vitamin K: 23.07µg (21.98%), Calcium: 207.2mg (20.72%), Fiber: 4.63g (18.52%), Vitamin A: 873.6IU (17.47%), Phosphorus: 140.38mg (14.04%), Manganese: 0.25mg (12.48%), Folate: 48.98µg (12.24%), Vitamin C: 10.07mg (12.2%), Vitamin E: 1.79mg (11.9%), Potassium: 370.3mg (10.58%), Vitamin B6: 0.2mg (10.06%), Iron: 1.64mg (9.09%), Magnesium: 35.61mg (8.9%), Vitamin B2: 0.14mg (8.33%), Selenium: 5.3µg (7.58%), Zinc: 1.13mg (7.54%), Vitamin B3: 1.3mg (6.49%), Copper: 0.13mg (6.48%), Vitamin B1: 0.09mg (6.02%), Vitamin B5: 0.54mg (5.4%), Vitamin B12: 0.15µg (2.5%)