



Tofu Tikka Masala



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 4 servings cilantro leaves chopped (for garnish)
- ☐ 0.5 pound extra-firm tofu organic firm
- ☐ 3 tablespoons dairy-free yogurt plain unsweetened
- ☐ 2 garlic cloves crushed
- ☐ 1 teaspoon ginger grated
- ☐ 1 gram jalapeño chile chopped
- ☐ 5 teaspoons juice of lemon

- ☐ 1 cup milk alternative plain unsweetened organic (such as Wildwood)
- ☐ 0.5 medium onion chopped thin
- ☐ 4 servings salt to taste
- ☐ 0.3 teaspoon turmeric powder
- ☐ 2 tablespoons vegetable oil

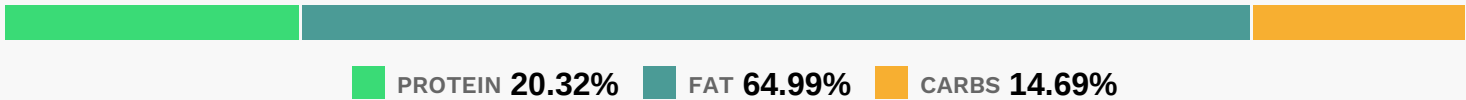
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, mix the lemon juice, ginger, garlic, jalapeno, half of the cilantro, and chili powder. Season to taste with salt, and stir in the tofu until well-coated.
- ☐ Let marinate for 1 hour.
- ☐ Heat the oil in a pan over medium heat and stir in the onions. Cook for 3 to 5 minutes, or until translucent.Slowly add the turmeric powder, yogurt, milk alternative and remaining cilantro to the pain. Stir and cook for a few minutes until sauce thickens.
- ☐ Add the tofu mixture into sauce and cook for 5 minutes on medium heat. Adjust seasoning to taste.
- ☐ Garnish with fresh cilantro and serve immediately with dairy-free Indian Naan bread or heated rice.

Nutrition Facts



Properties

Glycemic Index:47.35, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:5.5578261795251%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 144.31kcal (7.22%), Fat: 10.62g (16.34%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.09g (1.49%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 233.39mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.95%), Calcium: 170.38mg (17.04%), Vitamin B12: 0.8µg (13.26%), Vitamin K: 13.49µg (12.85%), Vitamin B2: 0.16mg (9.41%), Vitamin B1: 0.11mg (7.54%), Vitamin E: 1.06mg (7.07%), Iron: 1.22mg (6.78%), Vitamin A: 328.44IU (6.57%), Vitamin C: 5.1mg (6.18%), Vitamin D: 0.86µg (5.76%), Vitamin B6: 0.11mg (5.43%), Fiber: 1.31g (5.23%), Copper: 0.08mg (4.09%), Potassium: 137.45mg (3.93%), Magnesium: 13.11mg (3.28%), Manganese: 0.06mg (3.21%), Vitamin B3: 0.58mg (2.88%), Phosphorus: 28.34mg (2.83%), Folate: 7.88µg (1.97%)