



Tofu Veggie Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounce olives black chopped canned
- ☐ 2 carrots grated
- ☐ 1 cucumber diced cleaned
- ☐ 2 cups peas fresh
- ☐ 6 green onions chopped
- ☐ 2 tablespoons mustard dijon-style prepared
- ☐ 0.3 cup teriyaki sauce
- ☐ 1 pound spicy tofu firm crumbled

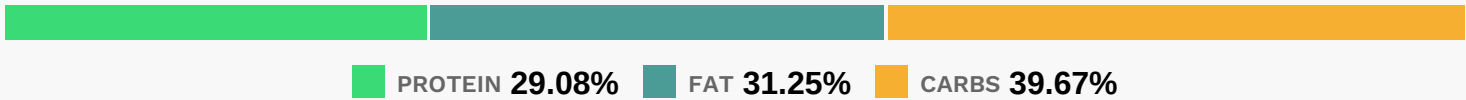
Equipment

☐ mixing bowl

Directions

- ☐ In a medium size mixing bowl combine tofu, carrots, cucumber, green onions, assorted vegetables, black olives, teriyaki sauce and Dijon mustard.
- ☐ Mix well.

Nutrition Facts



Properties

Glycemic Index:23.15, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:10.207391293153%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 111.2kcal (5.56%), Fat: 3.97g (6.1%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 7.48g (2.72%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 513.31mg (22.32%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.3g (16.61%), Vitamin A: 2972.22IU (59.44%), Vitamin K: 32.49µg (30.94%), Vitamin C: 18.31mg (22.19%), Fiber: 3.85g (15.39%), Manganese: 0.23mg (11.39%), Calcium: 105mg (10.5%), Folate: 38.67µg (9.67%), Iron: 1.72mg (9.57%), Vitamin B1: 0.13mg (8.96%), Phosphorus: 73.89mg (7.39%), Magnesium: 28.16mg (7.04%), Potassium: 241.94mg (6.91%), Copper: 0.13mg (6.25%), Vitamin B6: 0.12mg (6.04%), Vitamin B3: 1.12mg (5.6%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.62mg (4.14%), Vitamin E: 0.49mg (3.28%), Selenium: 2.2µg (3.14%), Vitamin B5: 0.21mg (2.07%)