



Tofu with Tomatoes and Balsamic Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- 14 ounce extra tofu firm sliced
- 0.3 teaspoon garlic powder
- 2 bell pepper green chopped
- 0.5 onion chopped
- 4 servings salt to taste
- 1 tablespoon vegetable oil

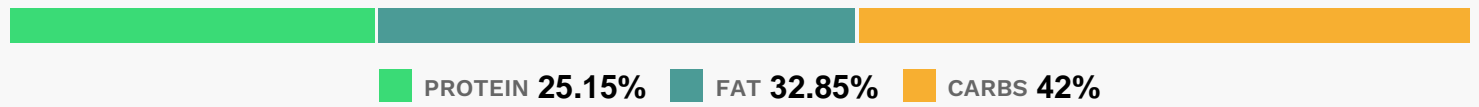
Equipment

- bowl
- frying pan

Directions

- Place tofu slices between two clean towels; allow tofu to drain, about 10 minutes.
- Cut tofu into bite-size pieces and transfer to a bowl. Stir in tomatoes and balsamic vinegar; marinate for 20 minutes.
- Heat vegetable oil in a large skillet over medium heat; cook and stir bell peppers and onion until just tender, about 5 minutes.
- Add tofu mixture, garlic powder, and salt. Cover and reduce heat to medium-low; simmer until heated through, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:3.93, Inflammation Score:-7, Nutrition Score:12.540434816609%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 149.56kcal (7.48%), Fat: 5.69g (8.75%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 13.06g (4.75%), Sugar: 9.9g (11%), Cholesterol: 0mg (0%), Sodium: 398.07mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin C: 58.31mg (70.68%), Copper: 0.44mg (21.82%), Potassium: 598.24mg (17.09%), Iron: 2.88mg (15.98%), Vitamin B6: 0.32mg (15.9%), Vitamin K: 16.16µg (15.39%), Phosphorus: 151.8mg (15.18%), Manganese: 0.3mg (15.08%), Magnesium: 56.73mg (14.18%), Fiber: 3.31g (13.26%), Vitamin B1: 0.2mg (13.1%), Vitamin E: 1.79mg (11.91%), Vitamin B3: 1.79mg (8.96%), Vitamin A: 441.37IU (8.83%), Calcium: 79.38mg (7.94%), Zinc: 0.99mg (6.62%), Vitamin B2: 0.11mg (6.34%), Folate: 22.01µg (5.5%), Vitamin B5: 0.36mg (3.63%), Selenium: 0.73µg (1.04%)