



Vegan Breaded Tofu

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- 0.3 cup bread crumbs or as needed
- 1 tablespoon olive oil
- 12 ounce spicy tofu sliced into 1/2-inch pieces
- 0.3 cup veganaise follow your heart® veganaise® (such as)
- 2 tablespoons water

Equipment

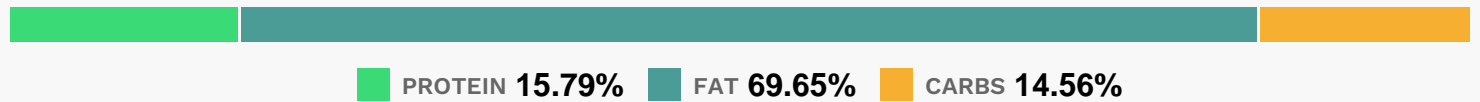
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat the inside of a 9x13-inch baking dish with olive oil.
- Stir mayonnaise and water together in a bowl.
- Place bread crumbs in a separate bowl.
- Dip tofu slices in the mayonnaise mixture; press tofu into the bread crumbs until fully coated.
- Place coated tofu in the prepared baking dish.
- Bake in the preheated oven until tofu is fully cooked and breading is browned, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.4417391225048%

Nutrients (% of daily need)

Calories: 146.04kcal (7.3%), Fat: 11.07g (17.03%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.55g (1.65%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 88.8mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Calcium: 79.28mg (7.93%), Iron: 0.91mg (5.06%), Vitamin B1: 0.04mg (2.9%), Fiber: 0.66g (2.62%), Vitamin E: 0.34mg (2.26%), Manganese: 0.04mg (2.07%), Selenium: 1.13µg (1.62%), Vitamin K: 1.7µg (1.62%), Vitamin B3: 0.3mg (1.49%), Folate: 4.82µg (1.2%), Vitamin B2: 0.02mg (1.07%)