



Zesty Tofu Wraps with Olive Tapenade



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 1 pound extra-firm tofu drained
- ☐ 4 10-inch flour tortillas ()
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon honey
- ☐ 0.5 cup kalamata olives pitted

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup oil-cured olives black pitted
- ☐ 1 teaspoon olive oil
- ☐ 1.3 cups onion red separated ()
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon sea salt
- ☐ 1 cup sun-dried tomatoes packed
- ☐ 4 cups watercress trimmed (1 bunch)

Equipment

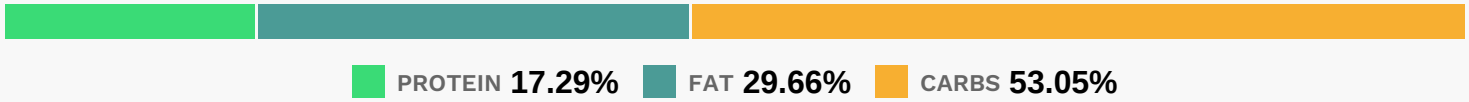
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ To prepare tapenade, place first four ingredients in a food processor; pulse 2 to 3 times or until minced. Set aside.
- ☐ To prepare wraps, combine 2 cups boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft.
- ☐ Drain and chop. Set aside.
- ☐ Cut tofu lengthwise into quarters.
- ☐ Place tofu slices on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand about 20 minutes or until barely moist.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 5 minutes or until lightly browned.
- ☐ Place in a bowl; stir in balsamic vinegar.
- ☐ Combine lemon juice and next 6 ingredients (lemon juice through garlic) in a small bowl.

- ☐
- Heat pan coated with cooking spray over medium–high heat.
- ☐
- Add tofu; cook 6 minutes, browning on all sides. Stir in lemon juice mixture; cook 1 minute or until sauce thickens.
- ☐
- Warm tortillas according to package directions.
- ☐
- Spread 2 tablespoons tapenade evenly over each tortilla. Top each tortilla with 1 tofu piece, about 1/4 cup sun–dried tomatoes, 1/3 cup onion, and 1 cup watercress; roll up.

Nutrition Facts



Properties

Glycemic Index:75.57, Glycemic Load:19.31, Inflammation Score:–9, Nutrition Score:27.133913102357%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 21.06mg, Quercetin: 21.06mg, Quercetin: 21.06mg, Quercetin: 21.06mg

Nutrients (% of daily need)

Calories: 482.81kcal (24.14%), Fat: 16.47g (25.34%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 66.29g (22.1%), Net Carbohydrates: 57.42g (20.88%), Sugar: 22.1g (24.56%), Cholesterol: 0mg (0%), Sodium: 1136.48mg (49.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.21%), Vitamin K: 103.08µg (98.18%), Manganese: 1.05mg (52.57%), Vitamin C: 33.19mg (40.23%), Iron: 6.9mg (38.34%), Vitamin B1: 0.57mg (37.74%), Potassium: 1264.57mg (36.13%), Fiber: 8.86g (35.46%), Calcium: 348.44mg (34.84%), Vitamin B3: 5.81mg (29.04%), Phosphorus: 286.29mg (28.63%), Vitamin A: 1429.11IU (28.58%), Copper: 0.55mg (27.6%), Selenium: 18.93µg (27.05%), Folate: 100.35µg (25.09%), Vitamin B2: 0.39mg (23.23%), Magnesium: 87.64mg (21.91%), Vitamin B6: 0.26mg (13.25%), Vitamin E: 1.48mg (9.89%), Vitamin B5: 0.89mg (8.93%), Zinc: 1.11mg (7.39%)