

Lime Spiced Tofu

Ingredients

- 1 block (14 ounces) firm or extra firm tofu
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon almond butter (substitute tahini with nut allergy)
- Juice from a lime
- pinch of crushed red pepper flakes
- Sriracha, to taste
- 1 tablespoon canola or olive oil

Instructions

Set the oven to 400 degrees. Remove tofu from the packaging and drain the water. Wrap the block in a clean paper towel and squeeze to remove some excess liquid.

Slice your block in half so you end up with 2 pieces. Then cut lengthwise by 2 and widthwise by 3 to make 12 bite-sized cubes per piece (24 total cubes).

In a large bowl, combine soy sauce, honey, almond butter (or tahini), lime juice, red pepper flakes and sriracha to taste (pending desired heat preference). Add 1 tablespoon of water to thin the sauce, if needed, so it can easily coat the tofu. Add tofu and gently mix to combine.

Line a baking sheet with parchment paper or aluminum foil. Evenly grease your sheet with cooking oil. Lay the tofu out in a single layer on the pan.

Bake at 400 degrees for about 20 minutes (flipping the tofu halfway through will help it evenly crisp). The tofu is done when the cubes are slightly crisp with darkened edges.

Yield: 2 servings



NUTRITION FACTS PER SERVING

CALORIES: 300

PROTEIN: 21 grams

SODIUM: 320 milligrams

CARBOHYDRATE: 18 grams

FIBER: 2 grams

FAT: 17 grams

SATURATED FAT: <1 gram

☆ Zesty Lime Tofu

Revert Changes

Save Changes



Recipe #20440814, Data Source: Custom

Names +

English

Category & Tags

- Whole
- Brand
- Restaurant
- Supplement
- Seafood
- Vegetarian
- Vegan
- Dairy
- Nuts

Notes

Barcodes +

Serving Sizes +

#	Measure	Grams
1	Serving	168 ✕

Edit Cooked Recipe Weight

Original Recipe Weight	523.0 g
Cooked Recipe Weight	509.0 g

Ingredients +

Description	Database	Amount	Unit	Energy (kcal)	Weight
365 Everyday Value, Organic Tofu, Firm	CRDB	5	1/5 pkg (3oz)	350.0	420.0 g ✕
Kimlan, Soy Sauce, Lower Sodium	CRDB	1	2 tbsp	14.0	15.0 g ✕
Honey	NCCDB	1	tbsp	64.4	21.2 g ✕
Almond Butter, Unsalted	NCCDB	1	tsp	32.0	5.2 g ✕
Lime Juice, Raw	NCCDB	1	each - juice from one lime	11.0	44.0 g ✕
Trader Joes, Sriracha Sauce	CRDB	1	tsp	0.0	4.0 g ✕
Canola Oil	NCCDB	1	tbsp	120.4	13.6 g ✕

American 2016 ▾

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Nutrition Facts

Serving Size 0.5 × full recipe — 509g

Amount Per Serving

Calories **295.9**

	% Daily Value*
Total Fat	17 g 22 %
Saturated Fat	0.6 g 3 %
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	316.5 mg 14 %
Total Carbohydrate	17.6 g 6 %
Dietary Fiber	1.6 g 6 %
Total Sugars	9.7 g
Added Sugars	8.7 g 17 %
Protein	21.4 g
Vitamin D	0 mcg 0 %
Calcium	282.8 mg 22 %
Iron	2.7 mg 15 %
Potassium	378.2 mg 8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>