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BBQ Tofu Sandwich ••

A delicious vegetarian sandwich made with BBQ tofu and various toppings.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	tofu
8 tbsp	bbq sauce
4 pieces	burger buns
100 g	lettuce
100 g	Tomato
50 g	onion

50 g	Pickles
4 tbsp	mayonnaise

Directions

Step 1

Preparation

Press and drain the tofu to remove excess water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Marinating

Cut the tofu into slices and marinate in BBQ sauce for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the tofu slices for 5-7 minutes on each side until crispy.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Assembling

Toast the burger buns and assemble the sandwich with lettuce, tomato, onion, pickles, grilled tofu, and mayonnaise.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Barbecue

Picnic

Kitchen Tools

Grill Slow Cooker

Course

Appetizers Main Dishes Side Dishes Sauces & Dressings

Cultural

Chinese New Year

Cost

\$10 to \$20

Demographics

Senior Friendly

Diet

Vegetarian Diet Vegan Diet Pescatarian Diet Lacto-Ovo Vegetarian Diet
Fruitarian Diet Anti-Inflammatory Diet

Cooking Method

Frying Baking Boiling

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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