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Tofu Cheese Fries ♦♦

Tofu Cheese Fries are a delicious vegan snack that combines crispy tofu and melted cheese. This recipe is perfect for those who are looking for a plant-based alternative to traditional cheese fries. The tofu is coated in a flavorful seasoning blend and baked until crispy, then topped with melted vegan cheese. It's a satisfying and healthy snack that is sure to please vegans and non-vegans alike.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	extra firm tofu
2 tbsp	olive oil
1 tsp	Paprika
1 tsp	Garlic powder

1 tsp	Onion powder
1 tsp	Salt
0.5 tsp	Black pepper
100 g	vegan cheese

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Drain and press the tofu to remove excess moisture. Cut the tofu into fries-like shapes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together the paprika, garlic powder, onion powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Place the tofu fries on a baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with the spice mixture. Toss to coat evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake the tofu fries in the preheated oven for 20 minutes, flipping halfway through.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Baking

Remove the baking sheet from the oven and sprinkle the vegan cheese on top of the tofu fries. Return to the oven and bake for an additional 5 minutes, or until the cheese is

melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Serving

Serve the tofu cheese fries hot, with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	1 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
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	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Blender

Course

Appetizers

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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