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Barbequed Tofu ♦♦

Barbequed tofu is a vegan recipe that originated in Asia. It is made by marinating tofu in a flavorful sauce and grilling it to perfection. The dish is commonly consumed as a main course and is loved for its smoky and savory taste.

Recipe Type: Vegan

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

500 g	tofu
4 tbsp	barbecue sauce
2 tbsp	soy sauce
2 cloves	garlic
1 tsp	Ginger

1 tsp	sesame oil
1 tsp	Salt
0.5 tsp	Black pepper
2 stalks	Green Onions

Directions

Step 1

Drain and press the tofu to remove excess moisture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix together barbecue sauce, soy sauce, minced garlic, grated ginger, sesame oil, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preparation

Cut the tofu into slices or cubes and place them in a shallow dish. Pour the marinade over the tofu, making sure each piece is coated. Let it marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Grilling

Preheat the grill to medium-high heat. Grill the tofu for about 5-7 minutes per side, or until it is nicely charred and heated through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 5

Plating

Garnish with sliced green onions and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 8 g

Protein: 16 g

Carbohydrates: 11 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	16 g	94.12%	94.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	11 g	20%	22%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	3 mg	37.5%	16.67%
Potassium	380 mg	11.18%	14.62%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Barbecue Picnic

Kitchen Tools

Slow Cooker

Course

Appetizers Salads Snacks

Cultural

Chinese New Year

Demographics

Allergy Friendly Heart Healthy

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet
Lacto-Vegetarian Diet Low Sodium Diet

Cooking Method

Frying Roasting Whipping

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis

Meal Type

Brunch

Supper

Difficulty Level

Medium

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