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Tofu in Roasted Red Pepper Sauce ♦♦

Tofu in Roasted Red Pepper Sauce is a delicious vegan dish that combines the flavors of tofu and roasted red peppers. The tofu is marinated in a flavorful sauce made from roasted red peppers, garlic, and spices. It is then baked until crispy and served with a side of rice or noodles. This dish is perfect for vegans and vegetarians looking for a tasty and healthy meal option.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	tofu
200 g	roasted red peppers
3 cloves	garlic
2 tbsp	olive oil

2 tbsp	soy sauce
1 tbsp	maple syrup
1 tsp	paprika
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Drain and press the tofu to remove excess moisture.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Blending

In a blender, combine the roasted red peppers, garlic, olive oil, soy sauce, maple syrup, paprika, salt, and black pepper. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cutting

Cut the tofu into cubes and place them in a baking dish. Pour the roasted red pepper sauce over the tofu and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake the tofu in the preheated oven for 25-30 minutes, or until crispy and golden brown.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Serving

Serve the tofu in roasted red pepper sauce with rice or noodles.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 20 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
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	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Blender

Oven

Grill

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

Course

Side Dishes

Salads

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Oktoberfest

Passover

Ramadan

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Brunch

Supper

Difficulty Level

Medium

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