

# Cilantro Lime Grilled Tofu

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/cilantro-lime-grilled-tofu-recipes>

## Ingredients:

- 1 block firm tofu well pressed, or extra-firm tofu
- 1 tablespoon olive oil
- 1/4 cup lime juice
- 2 cloves garlic minced
- 2 tablespoons cilantro fresh chopped
- 2 teaspoons chili powder
- 1/4 teaspoon cayenne pepper
- salt to taste
- pepper to taste

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 7 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 13 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams

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