

Japanese Style Baked Tofu Schnitzel

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-teriyaki-tofu-recipe>

Ingredients:

- 1 package extra firm tofu patted dry
- 1/2 cup tamari / organic soy sauce
- 1 tablespoon Dijon mustard
- 2 tablespoons honey or maple syrup
- 1 pinch black pepper
- 1/2 cup soy milk or water
- 1/2 cup arrowroot / corn starch/ tapioca starch
- 2 tablespoons teriyaki sauce
- 1 cup panko breadcrumbs
- 1 green onion chopped
- sesame seeds
- white sushi rice

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 60 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 10 grams
6. Sodium: 2380 milligrams
7. Sugar: 12 grams

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