

Fried Tofu

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-tofu-for-new-year-recipe>

Ingredients:

- 8 ounces firm tofu diced, 250 g
- 1/2 teaspoon salt 2.5 mL
- 1 teaspoon baking soda 5 mL
- 1/2 teaspoon onion powder 2.5 mL
- 1/2 cup all purpose flour 65 g
- 1 teaspoon white vinegar 5 mL
- 1/2 cup soy or any plant milk, 125 mL
- peanut oil for frying
- spicy mayonnaise
- 3 tablespoons vegan mayonnaise 45 mL
- 1 teaspoon Sriracha sauce 5 mL
- 1 teaspoon maple syrup 5 mL

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 20 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 15 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 640 milligrams
8. Sugar: 1 grams

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