

Southern-Fried Tofu

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2/3 cup flour
- 2/3 cup milk non-dairy
- 2 teaspoons lemon juice
- 1 1/2 cups nutritional yeast
- 2 teaspoons salt
- 1 tablespoon dried herbs assorted, parsley, tarragon, dill, basil, oregano, rosemary, thyme...
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon curry
- 1/4 teaspoon dry mustard
- 1/4 teaspoon celery seeds ground
- 1 pound firm tofu sliced into 12 equal pieces and pressed
- 1 tablespoon vegetable oil

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 5 milligrams
4. Fat: 24 grams
5. Fiber: 26 grams
6. Protein: 59 grams
7. SaturatedFat: 3 grams
8. Sodium: 1440 milligrams
9. Sugar: 3 grams

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