

Holiday Tofu Roast

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-holiday-main-recipe>

Ingredients:

- 14 ounces extra firm tofu
- 1 orange sliced
- 24 whole cloves 16-
- 1/4 cup olive oil
- 1/4 cup low sodium soy sauce
- 2 tablespoons maple syrup
- 2 tablespoons dark brown sugar
- 1 1/2 tablespoons liquid smoke
- 1 teaspoon prepared mustard
- 1 teaspoon smoked paprika
- 2 teaspoons garlic powder or use 3 cloves fresh garlic, minced or grated
- 2 teaspoons onion powder
- 1/2 teaspoon ground black pepper
- 1 1/2 tablespoons whiskey
- 1/4 teaspoon orange zest
- 1/2 cup orange juice freshly-squeezed
- 1 1/2 tablespoons dark brown sugar
- 1/4 teaspoon red chili flakes
- 2 tablespoons apricot jam
- 1/4 teaspoon ground ginger optional
- 1/4 teaspoon smoked salt or regular salt
- 1 teaspoon paprika regular or smoked
- 1/3 teaspoon ground black pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 24 grams
3. Fat: 12 grams
4. Fiber: 4 grams

5. Protein: 9 grams
 6. SaturatedFat: 1.5 grams
 7. Sodium: 370 milligrams
 8. Sugar: 13 grams
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