

Tofu Buffalo Wings

Tofu buffalo wings recipe from Vegan Proteins.



PREP TIME

10 mins

COOK TIME

18 mins

TOTAL TIME

28 mins



COURSE

Dinner, Lunch, Snacks



SERVINGS

1 serving

CALORIES

240 kcal

INGREDIENTS

- 6 oz High Protein Tofu
- 2 Tbsp cornstarch
- 2 Tbsp vital wheat gluten
- 1 Tbsp Nutritional Yeast
- ½ tsp garlic powder
- 1 tsp onion powder
- ¼ tsp salt
- ¼ tsp black pepper
- 4 Tbsp your favorite buffalo sauce

INSTRUCTIONS

1. drain excess water from your tofu and blot with paper towel, but there is no need to press it.
2. Slice your tofu into rectangular sticks or whatever shape you want your "wings" in.
3. In a shallow dish, mix cornstarch, vital wheat gluten and spices.
4. Gently toss the tofu sticks in the spice mix until they are evenly coated. You will likely only use half of the mixture, but you need a little extra to make sure you have enough.

5. Place the tofu sticks in an air fryer and "fry" at 370°F/187°C for 18 minutes, tossing halfway through.
6. Alternatively, if you do not have an air fryer, you can broil on a greased baking sheet for 6 minutes, then flip and broil for another 4-6 minutes until all sides are a bit crispy.
7. Remove from air fryer or oven and toss in your favorite buffalo sauce to coat.

NUTRITION

Nutrition Facts

Tofu Buffalo Wings

Amount Per Serving

Calories 240	Calories from Fat 82
% Daily Value*	
Fat 9.1g	14%
Carbohydrates 14.1g	5%
Protein 24g	48%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!