

Basic Air Fried Tofu

This is the basic air-fryer tofu recipe. It is what it is. You can top it with any seasonings you want before putting it in the fryer and you don't need to use spray because the tofu is already damp to start with.



PREP TIME

17 mins

TOTAL TIME

17 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

1 serving

CALORIES

160 kcal

INGREDIENTS

- 6 oz Extra Firm Tofu Nasoya Extra Firm
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp Salt

INSTRUCTIONS

1. Cut the tofu into 3/4 inch cubes.
2. Sprinkle seasonings on tofu, and toss to coat.
3. Put in air fryer at 400°F/ 204°C for 17 minutes.

NUTRITION

Nutrition Facts

Basic Air Fried Tofu

Amount Per Serving

Calories	160	Calories from Fat	72
% Daily Value*			
Fat	8g	12%	
Saturated Fat	1g	6%	
Sodium	128mg	6%	
Carbohydrates	2g	1%	
Protein	16g	32%	
Calcium	300mg	30%	
Iron	2.9mg	16%	

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

Tried this recipe?

Let us know how it was!