

# 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!