

Almond-Crusted Tofu with Sugar-Free Mustard Glaze

Crispy baked tofu with a crunchy nut coating and tangy glaze—a protein-rich, blood sugar-friendly meal that's ready in under 30 minutes.

Prep: 10 min

Cook: 18 min

Total: 28 min

Servings: 5

GL 1.1 / GI 5

Ingredients

Low GI alternative to pecans; provides healthy fats and protein raw almonds

Low GI flour substitute; GI ~0, replaces all-purpose flour almond flour

Zero glycemic impact; replaces brown sugar granulated erythritol or monk fruit sweetener

kosher salt

Pure protein; GI ~0; is_liquid: false when used as coating liquid egg whites

Low GI (~15); excellent plant protein source extra-firm tofu, drained and pressed, cut into 5 planks

Low GI alternative; yacon syrup has prebiotic benefits sugar-free honey substitute or yacon syrup

Negligible glycemic impact; adds tangy flavor Dijon mustard

Zero glycemic impact; provides maple flavor without sugar sugar-free maple-flavored syrup

Instructions

Step 1

Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper or spray lightly with cooking oil to prevent sticking.

Step 2

Add the raw almonds, almond flour, erythritol sweetener, and kosher salt to a food processor. Pulse until the mixture reaches a coarse, breadcrumb-like consistency—avoid over-processing into a paste. Transfer this nut coating to a shallow bowl.

Step 3

Pour the liquid egg whites into a second shallow bowl. Pat the tofu planks completely dry with paper towels to ensure the coating adheres properly.

Step 4

Working with one tofu plank at a time, dip it first into the egg whites, coating all sides, then press it firmly into the almond mixture, turning to coat evenly. Place each coated plank on the prepared baking sheet with space between pieces.

Step 5

Bake the tofu for 16-20 minutes, flipping halfway through, until the crust turns golden brown and crispy. The internal temperature should reach at least 165°F.

Step 6

While the tofu bakes, whisk together the sugar-free honey substitute, Dijon mustard, and sugar-free maple syrup in a small bowl until smooth and well combined.

Step 7

Remove the tofu from the oven and let rest for 2 minutes. Drizzle the tangy glaze over the warm tofu planks just before serving. For best blood sugar control, serve alongside a large portion of non-starchy vegetables or leafy greens.