



Crispy Tofu and Bacon Wraps

 Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 20 servings canola oil for frying
- ☐ 0.8 cup bacon crumbled cooked
- ☐ 0.3 teaspoon curry powder
- ☐ 0.3 teaspoon dill weed
- ☐ 12 ounce egg roll wrappers
- ☐ 1 tablespoon fish sauce
- ☐ 8 cloves garlic

- ☐ 6 large green onions chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 20 mushrooms
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 medium bell pepper red coarsely chopped
- ☐ 2 tablespoons red wine
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce spicy tofu cubed drained
- ☐ 1 tomatoes coarsely chopped
- ☐ 1 onion yellow roughly chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ pot

Directions

- ☐ Place the tofu, yellow onion, green onion, red pepper, garlic, mushrooms, tomato, and bacon in the bowl of a food processor. Season with fish sauce, red wine, parsley, salt, pepper, curry powder, mustard powder, dill, and ginger; puree until smooth.
- ☐ Place an egg roll wrapper on your work surface with a corner pointing towards you. Spoon 1 to 2 tablespoons of the tofu mixture in between the center and bottom corner of the wrapper. Fold the corner closest to you over the top of the filling, then fold in the left and right sides. Moisten the top corner with a little water, and roll up tightly.
- ☐ Heat a few inches of canola oil in a large pot to 350 degrees F (175 degrees C). Fry the wraps a few at a time until the center has cooked and the outside is golden brown.
- ☐ Drain on paper towels and serve hot.

Nutrition Facts

PROTEIN 19.2% FAT 39.52% CARBS 41.28%

Properties

Glycemic Index:15.25, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:7.2939131208088%

Flavonoids

Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 128.94kcal (6.45%), Fat: 5.69g (8.75%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.11g (4.4%), Sugar: 1.35g (1.5%), Cholesterol: 5.73mg (1.91%), Sodium: 272.8mg (11.86%), Alcohol: 0.16g (100%), Alcohol %: 0.19% (100%), Protein: 6.22g (12.43%), Vitamin K: 30.76µg (29.29%), Vitamin C: 12.08mg (14.64%), Selenium: 9.23µg (13.18%), Vitamin B3: 2.28mg (11.4%), Manganese: 0.2mg (10.09%), Vitamin B2: 0.17mg (10.09%), Vitamin B1: 0.14mg (9.59%), Vitamin A: 380.42IU (7.61%), Folate: 29.28µg (7.32%), Iron: 1.25mg (6.97%), Phosphorus: 57.95mg (5.79%), Copper: 0.11mg (5.63%), Vitamin B6: 0.1mg (5.14%), Fiber: 1.26g (5.02%), Calcium: 49.31mg (4.93%), Potassium: 169.93mg (4.86%), Vitamin E: 0.69mg (4.62%), Vitamin B5: 0.4mg (4.01%), Magnesium: 12.74mg (3.18%), Zinc: 0.45mg (2.99%), Vitamin B12: 0.06µg (1.03%)