

Eggless Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 celery stalks whole minced
- ☐ 0.3 tsp mild curry powder
- ☐ 1.5 tbsp dijon mustard
- ☐ 12 ounces extra-firm tofu
- ☐ 0.3 tsp garlic powder
- ☐ 1 tbsp soya sauce low sodium
- ☐ 2 tbsp vegan mayo fat-free ()
- ☐ 1.3 tbsp nutritional yeast

- ☐ 0.3 tsp onion powder
- ☐ 2 tbsp relish (dill pickle)
- ☐ 0.5 tsp salt black
- ☐ 0.5 tsp turmeric

Equipment

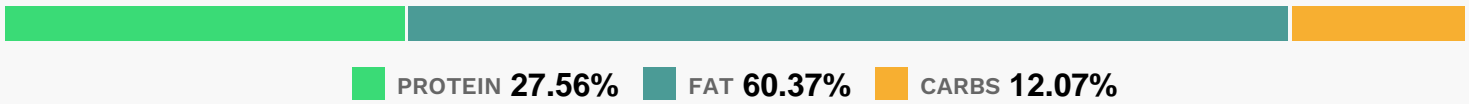
- ☐ mixing bowl

Directions

- ☐ If using firm tofu, press for at least 20 minutes. Give exrta-firm tofu a good squeeze before starting. Crumble tofu into a large mixing bowl.
- ☐ Add remaining ingredients and stir until well combined.
- ☐ Let set for a few minutes (this allows the flavor to merge but also enhances the yellow coloring). Stir again. Taste, adjusting spices as necessary.
- ☐ Add black pepper to taste and serve.I used the fat-free vegan mayo from The Happy Herbivore Cookbook. However, Nasoya makes a commercial fat-free vegan mayo and there are several low fat varieties by other brands.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 80g
- ☐ Carbohydrate
- ☐ 20gDietary Fiber1.50gSugars2.40gProtein6g

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:1.8408695509576%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 90.95kcal (4.55%), Fat: 6.19g (9.52%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.35g (0.39%), Cholesterol: 1.93mg (0.64%), Sodium: 403.12mg (17.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin K: 8.69µg (8.28%), Calcium: 78.67mg (7.87%), Iron: 1.01mg (5.59%), Fiber: 1.18g (4.71%), Manganese: 0.05mg (2.56%), Selenium: 1.47µg (2.09%), Potassium: 62.91mg (1.8%), Vitamin E: 0.21mg (1.39%), Magnesium: 4.89mg (1.22%), Phosphorus: 12.03mg (1.2%)