



## Feta Cheese

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

## Ingredients

- 2 tsp basil dried
- 0.3 tsp rosemary dried
- 1 pound extra-firm tofu
- 1 tbsp juice of lemon
- 4 tsp miso paste yellow
- 2 tbsp nutritional yeast
- 0.3 cup red wine vinegar
- 1 tsp salt

2 tbsp water

## Equipment

whisk

mixing bowl

## Directions

Break tofu into a few large pieces in a mixing bowl and set aside.

Whisk all remaining ingredients, except nutritional yeast, together.

Pour over tofu and mix with your hands, crumbing the tofu into smaller pieces as you go. Set aside and let rest for 10 minutes.

Sprinkle 1 tbsp of nutritional yeast over top and mix. Taste, adding more nutritional yeast if desired. Nutritional Information

Amount Per Serving

Calories

Fat

60g

Carbohydrate

30g Dietary Fiber 1.90g Sugars 0.80g Protein 8.20g

## Nutrition Facts



**PROTEIN 40.63%** **FAT 39.32%** **CARBS 20.05%**

## Properties

Glycemic Index:24.33, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:2.2730434337712%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 84.49kcal (4.22%), Fat: 3.7g (5.7%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 2.6g (0.94%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 541.26mg (23.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.23%), Calcium: 109.01mg (10.9%), Iron: 1.64mg (9.11%), Vitamin K: 9.17µg (8.74%), Fiber: 1.65g (6.6%), Manganese: 0.09mg (4.35%), Potassium: 77.69mg (2.22%), Magnesium: 5.96mg (1.49%), Copper: 0.03mg (1.47%), Vitamin C: 1.05mg (1.27%)