



Feta Cheese

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



85 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
- 1 tsp oregano dried
- 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

30gDietary Fiber1.90gSugars0.80gProtein8.20g

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:2.5204347866061%

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: 85.29kcal (4.26%), Fat: 3.72g (5.72%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 2.68g (0.97%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 541.33mg (23.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.64g (17.28%), Calcium: 113.8mg (11.38%), Vitamin K: 11.04µg (10.51%), Iron: 1.75mg (9.73%), Fiber: 1.78g (7.11%), Manganese: 0.1mg (5.09%), Potassium: 81.47mg (2.33%), Magnesium: 6.77mg (1.69%), Copper: 0.03mg (1.56%), Vitamin C: 1.06mg (1.28%), Zinc: 0.15mg (1.01%), Vitamin B2: 0.02mg (1.01%)