



Green Curry Tofu Cakes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



85 min.

SERVINGS



4

CALORIES



160 kcal

Ingredients

- 14 ounces tofu drained well
- 2 tablespoons curry paste green store-bought (use even less if you're using paste or don't like things too spicy)
- 1 teaspoon ground flaxseed
- 1 tablespoon nutritional yeast
- 0.3 cup cilantro leaves minced
- 0.5 cup quinoa flakes quick (see notes below)
- 0.3 cup bell pepper diced red finely
- 2 tablespoons soya sauce gluten-free
- 0.5 cup vegetable stock hot

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- spatula
- measuring spoon

Directions

- Heat vegetable broth and add arame and chia seed. (If using ground flax, add it to the tofu later.)
- Let stand for at least 1/2 hour to allow seaweed and chia to soften.
- Place the tofu, nutritional yeast, soy sauce, curry paste, and quinoa flakes into food processor and process until well-blended.
- Add the broth mixture and pulse quickly a few times to blend.
- Scrape into a bowl and add the red pepper and parsley or cilantro. Cover and refrigerate at least 1/2 hour.
- Mixture can be prepared a day in advance if necessary. Preheat oven to 400F. Put your breading on a plate, if you're using one. Using a measuring spoon, scoop 2 tablespoons onto the breading, sprinkle a little breading on top, and gently shape into a 2-inch wide cake with your fingers. Use a spatula to lift the cake from the plate onto a baking sheet lined with parchment paper or a silicone baking mat. Repeat for remaining tofu mixture. (If you're not using a breading, place 2 tablespoons of tofu directly onto your prepared baking sheet and use fingers or a spoon to gently shape it into a cake. Repeat for remaining tofu.)
- Bake at 400F for 20-30 minutes. Unbreaded cakes take less time than cakes with breading.
- Remove from oven and serve hot with dipping sauce, below, tartar sauce, or ketchup spiked with horseradish.

Nutrition Facts



■ PROTEIN 31.33% ■ FAT 33.73% ■ CARBS 34.94%

Properties

Glycemic Index:42.75, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:5.9556522317555%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 160.32kcal (8.02%), Fat: 5.99g (9.22%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 11.25g (4.09%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 626.08mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Vitamin A: 1602.87IU (32.06%), Vitamin B2: 0.34mg (20.16%), Vitamin C: 12.82mg (15.54%), Calcium: 138.93mg (13.89%), Iron: 2.34mg (12.99%), Fiber: 2.72g (10.89%), Phosphorus: 85.31mg (8.53%), Manganese: 0.07mg (3.6%), Vitamin K: 3.58µg (3.41%), Vitamin B6: 0.05mg (2.45%), Potassium: 85.5mg (2.44%), Vitamin B3: 0.47mg (2.37%), Folate: 6.96µg (1.74%), Magnesium: 6.94mg (1.73%), Vitamin B1: 0.02mg (1.28%), Vitamin E: 0.17mg (1.16%), Copper: 0.02mg (1.1%)