



Grilled Lemon-Basil Tofu Burgers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 4 garlic cloves divided minced
- ☐ 9 ounce hamburger buns
- ☐ 2 tablespoons honey
- ☐ 0.3 cup kalamata olives pitted finely chopped

- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 3 tablespoons mayonnaise light
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 pound extrafirm tofu firm drained
- ☐ 1.5 inch tomatoes
- ☐ 1 cup watercress trimmed

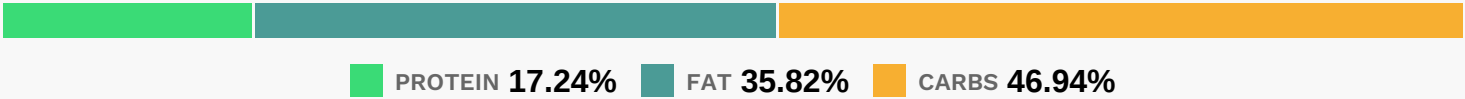
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ Combine first 8 ingredients and 3 garlic cloves in a small bowl.
- ☐ Cut tofu crosswise into 6 slices. Pat each square dry with paper towels.
- ☐ Place tofu slices on a jelly-roll pan.
- ☐ Brush both sides of tofu slices with lemon juice mixture; reserve remaining juice mixture.
- ☐ Let tofu stand 1 hour.
- ☐ Prepare grill.
- ☐ Place tofu slices on grill rack coated with cooking spray; grill for 3 minutes on each side.
- ☐ Brush tofu with the reserved juice mixture.
- ☐ Combine remaining 1 minced garlic clove, chopped olives, sour cream, and mayonnaise in a small bowl; stir well.
- ☐ Spread about 1 1/2 tablespoons mayonnaise mixture over bottom half of each hamburger bun; top each serving with 1 tofu slice, 1 tomato slice, about 2 tablespoons watercress, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:60.55, Glycemic Load:16.16, Inflammation Score:-4, Nutrition Score:8.840000046984%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 269.58kcal (13.48%), Fat: 10.88g (16.74%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 30.02g (10.92%), Sugar: 9.78g (10.87%), Cholesterol: 3.22mg (1.07%), Sodium: 644.99mg (28.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin K: 27.34µg (26.03%), Selenium: 14.12µg (20.17%), Calcium: 186.94mg (18.69%), Vitamin B1: 0.26mg (17.17%), Manganese: 0.34mg (16.89%), Iron: 2.65mg (14.73%), Folate: 45.33µg (11.33%), Vitamin C: 8.84mg (10.72%), Vitamin B3: 1.89mg (9.45%), Vitamin B2: 0.15mg (8.96%), Fiber: 2.07g (8.27%), Vitamin E: 1.02mg (6.77%), Vitamin A: 316.06IU (6.32%), Phosphorus: 62.62mg (6.26%), Magnesium: 17.36mg (4.34%), Copper: 0.08mg (4.16%), Vitamin B6: 0.08mg (3.82%), Potassium: 125.93mg (3.6%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.11µg (1.84%)