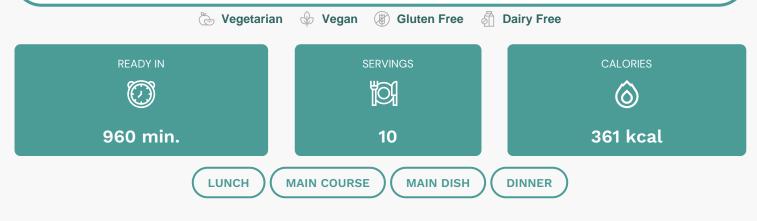


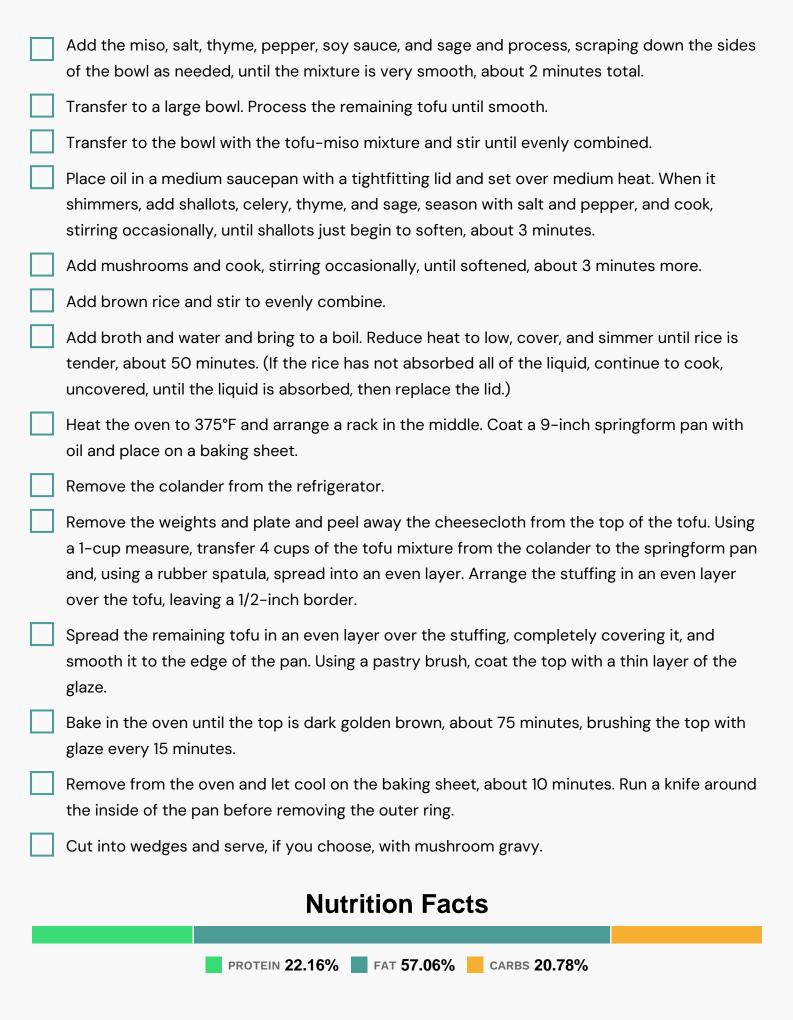
Homemade Tofurkey with Brown Rice Stuffing



Ingredients

IO servings pepper black freshly ground
1 cup veggie broth
0.8 cup brown rice long-grain
2 medium celery stalks
12 ounces crimini mushrooms trimmed halved sliced
1 teaspoon dijon mustard
70 ounce tofu drained
0.8 teaspoon sage fresh finely chopped

	1.5 teaspoons thyme sprigs fresh finely chopped
	10 servings kosher salt
	10 servings olive oil for coating the pan
	1 tablespoon parsley fresh italian finely chopped
	1 teaspoon red wine vinegar
	3 medium shallots
	2 tablespoons soya sauce
	0.5 cup water
	1 teaspoon miso white
Εq	uipment
	food processor
	bowl
	frying pan
	baking sheet
	sauce pan
	oven
	knife
	spatula
	springform pan
	colander
	pastry brush
	cheesecloth
Directions	
	Place a colander inside a large bowl and line it with two layers of ultrafine cheesecloth; set aside. Using your hands, break the tofu into roughly 2-inch pieces.
	Place about half of the tofu in a food processor fitted with a blade attachment.



Properties

Glycemic Index:39.78, Glycemic Load:7.11, Inflammation Score:-5, Nutrition Score:10.589565102821%

Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.01mg, Kaempferol: 0.01mg, Kaempfe

Nutrients (% of daily need)

Calories: 360.88kcal (18.04%), Fat: 23.23g (35.74%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 16.33g (5.94%), Sugar: 2.09g (2.32%), Cholesterol: Omg (0%), Sodium: 530.04mg (23.05%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 20.3g (40.59%), Copper: 0.68mg (34.23%), Manganese: 0.66mg (33.19%), Calcium: 267.19mg (26.72%), Iron: 3.16mg (17.56%), Vitamin K: 15.63µg (14.89%), Vitamin E: 2.03mg (13.54%), Selenium: 9.18µg (13.12%), Vitamin B2: 0.18mg (10.83%), Fiber: 2.7g (10.81%), Vitamin B3: 2.09mg (10.43%), Phosphorus: 90.11mg (9.01%), Vitamin B5: 0.77mg (7.68%), Vitamin B6: 0.15mg (7.34%), Magnesium: 28.32mg (7.08%), Vitamin B1: 0.1mg (6.7%), Potassium: 233.76mg (6.68%), Zinc: 0.74mg (4.95%), Folate: 15.75µg (3.94%), Vitamin A: 103.32IU (2.07%), Vitamin C: 1.64mg (1.99%)