

Italian Sausages



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 tsp pepper black



1 tbsp fennel seeds



1 tsp garlic powder



2 tbsp penzey's southwest seasoning italian



2 tbsp soya sauce low sodium



1 tbsp onion powder



1 tsp paprika



0.5 cup pinto beans

- ☐ 1 dash pepper flakes red
- ☐ 0.5 cup textured vegetable protein (TVP)
- ☐ 0.5 cup vital wheat gluten
- ☐ 0.8 cup water

Equipment

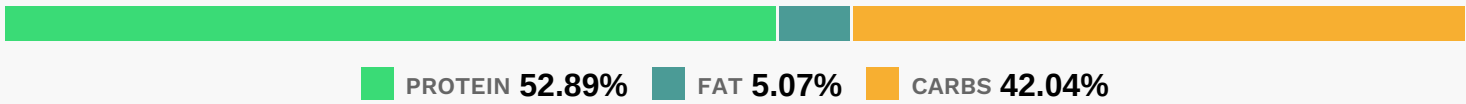
- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Combine beans with all dry ingredients (add red pepper flakes to taste, a little goes a long way) and soy sauce in a large bowl.
- ☐ Mix with your hands to ensure even distribution.
- ☐ Add water and then knead dough about 10 times and set aside. Grab 5 rectangular shapes of foil and prepare your steamer (turn it on and get it ready). Divide dough into 5 equal parts and, using your hands, shape it into a log on the tin foil. Wrap each piece tightly in tin foil, twisting the ends to close. Steam for 40 minutes.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 20g
- ☐ Carbohydrate
- ☐ 70gDietary Fiber3.90gSugars1.70gProtein5g

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:6.6121738760368%

Nutrients (% of daily need)

Calories: 120.02kcal (6%), Fat: 0.69g (1.07%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 8.04g (2.92%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 240.15mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Fiber: 4.92g (19.68%), Iron: 3.22mg (17.89%), Manganese: 0.32mg (16.23%), Vitamin K: 13.65µg (13%), Calcium: 110.82mg (11.08%), Folate: 38.39µg (9.6%), Selenium: 6.33µg (9.04%), Phosphorus: 84.24mg (8.42%), Magnesium: 29.24mg (7.31%), Copper: 0.11mg (5.47%), Vitamin A: 268.63IU (5.37%), Potassium: 187.13mg (5.35%), Vitamin B6: 0.11mg (5.32%), Vitamin E: 0.7mg (4.68%), Vitamin B1: 0.05mg (3.63%), Zinc: 0.52mg (3.45%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.35mg (1.75%), Vitamin B5: 0.1mg (1.03%)