



 **40%**
HEALTH SCORE

Masala-Tofu Burger

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium onion white finely chopped
- 1 bell pepper diced finely
- 1 cup peas-carrots mix shopping list frozen thawed ()
- 4 small pepper flakes green (not serrano)
- 0.8 cup spicy tofu firm cubed drained well (I used Nasoya Brand)
- 1 medium potatoes diced peeled
- 2 cloves garlic minced
- 0.5 tablespoon mustard seeds shopping list black

- 5 curry leaves
- 1 pinch asafetida (Asafoetida optional)
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 optional: lemon
- 1 teaspoon salt to taste (or)
- 0.5 bunch cilantro leaves chopped
- 0.8 cup breadcrumbs (recipe below)
- 0.5 tablespoon vegetable oil
- 4 servings pam original flavor shopping list
- 1 onion thick cut into slices shopping list
- 2 beefsteak tomatoes thick cut into slices shopping list
- 3 sprigs cilantro leaves
- 0.5 cup mint-cilantro chutney spread shopping list (recipe below)
- 4 portugese rolls or anything you like)- toasted shopping list

Equipment

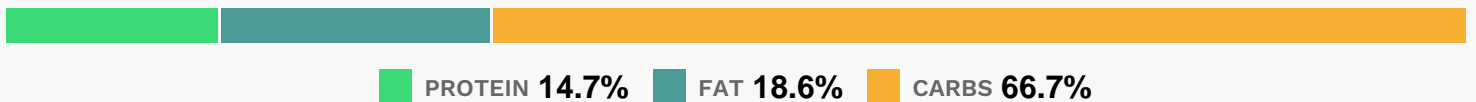
- bowl
- frying pan
- plastic wrap

Directions

- In a large skillet over medium-high heat, add spray with a generous amount of PAM and add oil.
- Add mustard seeds and saute for 30 seconds-till you hear popping noises.
- Add curry leaves- BE CAREFUL, they pop hot oil!
- Add onions and peppers- sweat for about 30 seconds.
- Add chopped garlic, chilies and turmeric.
- Saute for about 5-7 minutes, until the onions and peppers are soft.

- Add peas and carrots mixture, cumin powder and salt.
- Saute for about 7-10 minutes- you want all the veggies to be soft and cooked through.
- Meanwhile in a small bowl, add the cubed tofu, a pinch of turmeric, cumin powder, coarse black pepper and some cayenne pepper (totally optional!).
- Mix and set aside to marinate for a bit.
- Once the veggies are cooked, add the tofu- saute until slightly brown and soft enough that it crumbles.
- Add juice from half a lemon and half of the chopped cilantro.
- Mix and add the diced boiled potato, and toss until everything is coated, soft and taste for salt/spices. Using a masher, mash the mixture until mushy and until the veggies are small. Set aside to cool. Once cooled, add a bit of the breadcrumbs and mix with your hands. Start forming into thick patties (mixture should make 4). If its still giving you a hard time, add more breadcrumbs. Make 4 patties, place on a plate and wrap with plastic wrap until ready to use.
- In a small skillet sprayed with PAM over medium-high heat, add one patty at a time. Cook for about 2 minutes on each side- until browned and crispy. At the same time, saute the thick slices of onion, until charred and slightly soft.
- Spread a generous amount of the chutney spread on each side on the bread, place burger, onions tomato and cilantro leaves.
- Serve with a slice of lemon and reduced-fat chips on the side.

Nutrition Facts



Properties

Glycemic Index:117.56, Glycemic Load:35.22, Inflammation Score:-10, Nutrition Score:34.878695652174%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 14.34mg, Quercetin: 14.34mg, Quercetin: 14.34mg, Quercetin: 14.34mg

Taste

Sweetness: 68.73%, Saltiness: 82.08%, Sourness: 100%, Bitterness: 53.53%, Savoriness: 29.63%, Fattiness: 67.07%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 494.93kcal (24.75%), Fat: 10.53g (16.2%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 84.97g (28.32%), Net Carbohydrates: 74.72g (27.17%), Sugar: 17.43g (19.37%), Cholesterol: 0mg (0%), Sodium: 1526.48mg (66.37%), Protein: 18.73g (37.46%), Vitamin C: 189.6mg (229.81%), Vitamin A: 7037.76IU (140.76%), Vitamin B3: 18.88mg (94.42%), Iron: 15.11mg (83.94%), Folate: 256.85µg (64.21%), Manganese: 0.91mg (45.41%), Fiber: 10.25g (41%), Vitamin B6: 0.8mg (39.75%), Vitamin K: 35.41µg (33.73%), Potassium: 1113.3mg (31.81%), Vitamin B1: 0.47mg (31.53%), Magnesium: 77.12mg (19.28%), Phosphorus: 192.37mg (19.24%), Calcium: 183.45mg (18.34%), Copper: 0.36mg (18.21%), Vitamin B2: 0.26mg (15.15%), Vitamin E: 2.09mg (13.9%), Selenium: 9.49µg (13.56%), Zinc: 1.39mg (9.26%), Vitamin B5: 0.83mg (8.29%), Vitamin B12: 0.07µg (1.18%)