



## Old Fashioned Vegan Chicken Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 ribs celery chopped
- 0.3 cup vegetable stock
- 1 teaspoon chives chopped
- 0.3 teaspoon sage dried
- 1 teaspoon thyme dried
- 14 ounce tofu
- 0.3 teaspoon mustard to taste ( )

- 2.5 tablespoons relish sweet
- 4 servings salt and pepper black to taste
- 2 tablespoons slivered almonds sliced
- 1 tablespoon soya sauce
- 2.5 tablespoons veganaise

## Equipment

- baking sheet
- paper towels
- oven
- mixing bowl
- kitchen towels

## Directions

- Cut the tofu into about 8 equal slices, and then cut those slices in half.
- Place two paper towels (one on top of the other) or a clean tea towel on the counter and place the tofu slices on top. Cover with two more paper towels or tea towel. Gently press each slice of tofu until the towels are saturated with water. Replace the towels on top with another layer and press until most of the water is pressed out of the tofu.
- Place the tofu on the prepared baking sheet.
- Mix the broth, soy sauce or tamari, thyme, sage, and pepper.
- Pour half of it over each slice of tofu. Turn the tofu over and pour the remaining liquid over it.
- Place it in the preheated oven and bake for about 20–25 minutes, until tofu is beginning to brown on the edges.
- Remove from the oven and let it cool on the baking sheet. Once the tofu is cool, tear each piece into small, irregular pieces. (You can also cut it, but it looks more natural if you tear it and somehow tastes better, too.)
- Place it in a medium mixing bowl and add all remaining ingredients.
- Mix well, and add salt and pepper to taste. Refrigerate until completely chilled.
- Serve in sandwiches, on top of salad, or rolled into lettuce leaves or tortillas.

# Nutrition Facts

PROTEIN 22.99% FAT 60.94% CARBS 16.07%

## Properties

Glycemic Index:56.5, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:4.3808695622112%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 184.61kcal (9.23%), Fat: 12.6g (19.39%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.41g (1.97%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 679.78mg (29.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Calcium: 152.78mg (15.28%), Iron: 1.97mg (10.97%), Vitamin K: 11µg (10.47%), Manganese: 0.2mg (9.86%), Vitamin E: 1.36mg (9.04%), Fiber: 2.06g (8.25%), Magnesium: 20.33mg (5.08%), Vitamin B2: 0.08mg (4.75%), Phosphorus: 39.64mg (3.96%), Copper: 0.08mg (3.84%), Vitamin A: 158.45IU (3.17%), Potassium: 110.51mg (3.16%), Folate: 11.31µg (2.83%), Vitamin B3: 0.49mg (2.44%), Vitamin B6: 0.03mg (1.73%), Zinc: 0.24mg (1.61%), Vitamin B1: 0.02mg (1.54%), Vitamin C: 0.99mg (1.2%)