



## Roasted Beet-Tofu Burgers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



9

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 medium beets
- 0.3 teaspoon chili powder smoked to taste (optional, )
- 14 ounces tofu (not silken)
- 6 garlic clove (or as many as you like)
- 2 tablespoons ground flaxseed
- 1 tablespoon nutritional yeast
- 1 medium onion
- 0.5 teaspoon salt to taste (or )

1 tablespoon soya sauce

## Equipment

food processor

baking sheet

baking paper

oven

spatula

## Directions

Place all on a baking sheet and roast for 50–60 minutes.

Remove from oven and allow to cool until vegetables are easy to handle. (You can do this step ahead of time, if you wish; just keep the roasted vegetables in the refrigerator until you're ready to make the burgers.) While the vegetables are cooling, mash the tofu and stir in the remaining ingredients. When the onions and garlic are cool enough, peel the onion and chop finely (I used a food processor). Squeeze the garlic from the cloves.

Add both to the tofu and mix well. Peel the skins from the beets under running water, and shred.

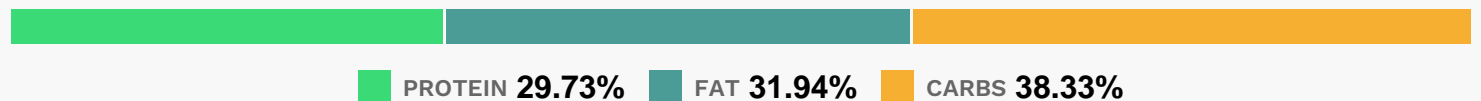
Add the shredded beets to the tofu, stirring until the mixture is a uniform, bright color. Shape into patties about 3 inches wide and 1 inch thick.

Place on a cookie sheet covered with parchment paper or silicon baking mat.

Bake at 350 for about 30 minutes.

Remove from oven and allow to stand for a few minutes before removing with a spatula and serving.

## Nutrition Facts



## Properties

Glycemic Index:20.33, Glycemic Load:2.19, Inflammation Score:-2, Nutrition Score:3.5126087004724%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

## **Nutrients (% of daily need)**

Calories: 73.94kcal (3.7%), Fat: 2.73g (4.2%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.04g (1.83%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 274.35mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.43%), Folate: 45.29µg (11.32%), Manganese: 0.22mg (11.17%), Fiber: 2.33g (9.31%), Calcium: 72.23mg (7.22%), Iron: 1.09mg (6.05%), Potassium: 183.31mg (5.24%), Magnesium: 17.4mg (4.35%), Vitamin C: 3.39mg (4.11%), Vitamin B6: 0.08mg (3.86%), Phosphorus: 34.47mg (3.45%), Vitamin B1: 0.05mg (3.21%), Copper: 0.06mg (3.07%), Zinc: 0.25mg (1.7%), Vitamin B2: 0.03mg (1.57%), Selenium: 1.03µg (1.47%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.11mg (1.09%)