



Scarborough Fair Tofu Burger



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 g parsley dried
- ☐ 2 g rosemary dried
- ☐ 2 g sage dried
- ☐ 2 g thyme leaves dried
- ☐ 340 g extra-firm tofu pressed drained
- ☐ 30 g garlic minced
- ☐ 19 g ground flaxseed with mixed
- ☐ 32 g pumpkin seeds hulled

- ☐ 6 servings salt and pepper
- ☐ 32 g sunflower seeds hulled
- ☐ 96 g tvp granules
- ☐ 235 ml vegetable broth
- ☐ 45 ml water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave

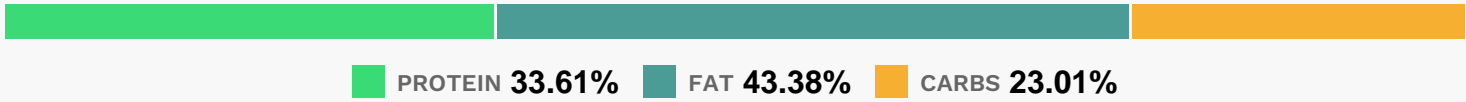
Directions

- ☐ Grind the parsley, sage, rosemary, and thyme into a fine powder. I use a coffee grinder for this.
- ☐ In a mixing bowl, crumble the tofu and mix well with the spice mixture so that the herbs are well infused with the tofu.
- ☐ Let sit for the flavors to meld.
- ☐ In a microwave-safe bowl, mix together the TVP granules and the broth, cover tightly with plastic wrap, and microwave for 5 to 6 minutes. Alternatively, bring the broth to a boil, pour over the TVP, cover, and let sit for 10 minutes.
- ☐ When cool enough to handle, add the TVP to the tofu mixture, then add the minced garlic, flaxseed mixture, sunflower seeds, pumpkin seeds, and salt and pepper to taste.
- ☐ Mix with your hands until all the ingredients are very well incorporated. The mixture will be nice and smooth, and should form lovely burgers. Shape into 6 patties. Refrigerate until ready to cook, although refrigeration isn't necessary if you plan on cooking them right away.
- ☐ I recommend baking these rather than frying. It just seems that this burger is too healthy to fry. Preheat the oven to 350°F (180°C, or gas mark

- ☐
- and line a baking sheet with parchment or a silicone baking mat.

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Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:9.4569564435793%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 188.67kcal (9.43%), Fat: 9.35g (14.39%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 5.99g (2.18%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 357.87mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.61%), Manganese: 0.58mg (29.23%), Iron: 4.05mg (22.48%), Fiber: 5.18g (20.72%), Magnesium: 66.88mg (16.72%), Calcium: 164.39mg (16.44%), Vitamin K: 16.57µg (15.78%), Vitamin E: 2.09mg (13.9%), Phosphorus: 131.6mg (13.16%), Copper: 0.23mg (11.62%), Vitamin B1: 0.16mg (10.8%), Vitamin B6: 0.18mg (8.8%), Selenium: 4.93µg (7.05%), Zinc: 0.95mg (6.3%), Folate: 21.56µg (5.39%), Vitamin B3: 0.92mg (4.58%), Potassium: 141.79mg (4.05%), Vitamin C: 2.65mg (3.21%), Vitamin B2: 0.05mg (2.91%), Vitamin A: 136.06IU (2.72%), Vitamin B5: 0.16mg (1.65%)