



## Seitan Carnitas



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



127 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 ounces beer
- ☐ 0.3 cup bob's mill garbanzo bean flour
- ☐ 0.3 tsp garlic powder
- ☐ 1 tbsp soya sauce low sodium
- ☐ 1 tbsp nutritional yeast
- ☐ 0.3 tsp onion powder
- ☐ 0.8 cup vital wheat gluten
- ☐ 0.8 cup water

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ butter knife

## Directions

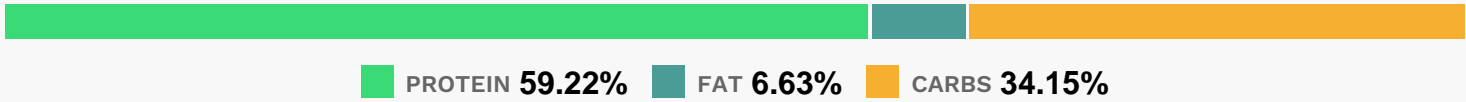
- ☐ Whisk vital wheat gluten, chickpea flour, 3 tbsp nutritional yeast, 2 tsp onion powder and 1 tsp garlic powder together in a bowl and set aside.
- ☐ Combine warm water (hot from the tap) with soy sauce, 1 tbsp nutritional yeast, 1/2 tsp vegemite (or marmite or vegan Worcestershire sauce), 1/4 tsp garlic powder and 1/4 tsp onion powder together.
- ☐ Pour liquid into flour mixture and stir to form a dough. If it's too dry, add another tbsp or two of warm water but be careful not to make it too wet or soggy. You want it to be firm, but pliable and moist. Knead 5-10 times then place into a large pot.
- ☐ Pour beer over top (I left mine out for a few minutes, but it was still rather cool), cover and bring to a boil. Once boiling, add 1/2 tsp more vegemite, reduce to low and simmer until most of the liquid has absorbed, about 45 minutes to 1 hour. About 1/4 cup cooking liquid should line the bottom of the pot. Use a butter knife (not a sharp knife) to shred thin slices off of the seitan. If the seitan is too wet or juicy for you, place slices on a cookie sheet and bake at 350F for 8-10 minutes on each side. Be careful not to over bake the seitan -- you want it slightly firmer but not dried out and hard. (see blog post for photo tutorial). For "carnitas" slap seitan into whole wheat tortillas with lettuce and tomatoes, and spoon residual cooking liquid over the filling.

- Nutritional Information
- ☐ Amount Per Serving
  - ☐ Calories
  - ☐ Fat
  - ☐ 10g

Carbohydrate

80gDietary Fiber4.90gSugars1.70gProtein14.30g

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:2.7, Inflammation Score:-3, Nutrition Score:3.3965217605557%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 127.45kcal (6.37%), Fat: 0.81g (1.25%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.19g (2.98%), Sugar: 0.68g (0.75%), Cholesterol: 0mg (0%), Sodium: 128.94mg (5.61%), Alcohol: 2.65g (100%), Alcohol %: 2.54% (100%), Protein: 16.26g (32.53%), Selenium: 8.12µg (11.6%), Phosphorus: 81.75mg (8.17%), Folate: 31.86µg (7.96%), Iron: 1.39mg (7.71%), Manganese: 0.12mg (5.9%), Magnesium: 21.36mg (5.34%), Copper: 0.1mg (4.98%), Fiber: 1.19g (4.74%), Potassium: 131.43mg (3.76%), Vitamin B6: 0.07mg (3.47%), Calcium: 33.59mg (3.36%), Vitamin B3: 0.49mg (2.46%), Zinc: 0.37mg (2.44%), Vitamin B1: 0.04mg (2.34%), Vitamin B2: 0.03mg (1.84%)