



Seitan of Love with Puff Pastry Hearts



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



1111 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup carrots minced
- ☐ 2 tablespoons celery minced
- ☐ 0.5 cup cremini mushrooms quartered
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoon parsley minced

- ☐ 1 sheet vegan puff pastry
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces seitan cubed
- ☐ 0.5 cup shallots minced
- ☐ 1.5 teaspoon thyme leaves minced
- ☐ 0.8 cup sacramento tomato juice
- ☐ 1 tablespoons vegan chocolate chips
- ☐ 0.5 tablespoon vegan margarine

Equipment

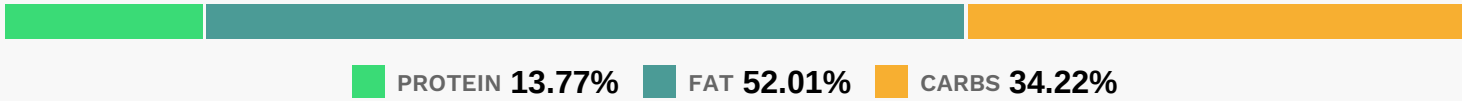
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter

Directions

- ☐ Thaw pastry according to package directions. When thawed, preheat oven to 400 degrees F. On a lightly floured surface, roll pastry dough to remove any cracks from the folds. Using a 4-inch heart cookie cutter (or freehand) cut 4 hearts. (You will have leftover dough. It's fun to cut smaller hearts to decorate the plate, if you want.)
- ☐ Transfer the hearts to the baking sheet and bake for 10 to 12 minutes, until nicely golden.
- ☐ Transfer to a cooling rack to cool. When cool, gently split the tops from the bottoms. In a large cast iron skillet, heat the oil over medium heat.
- ☐ Add the seitan cubes and season with salt and pepper. Cook, stirring occasionally, until browned, about 5 minutes.
- ☐ Remove from the skillet and set aside.
- ☐ Remove the skillet from the heat. Reduce heat to medium.
- ☐ Add the margarine, shallots, carrots and celery to the skillet. Return to heat, and cook about 3 minutes, until fragrant.

- ☐ Add the mushrooms, flour, salt and pepper and cook another 3 minutes to cook flour.
- ☐ Add the reserved seitan, wine, tomato juice, chips, parsley and thyme. Cook, stirring, about 10 minutes to blend flavors. If the mixture is too thick, add an additional tablespoon or two of tomato juice. Taste and adjust seasonings.
- ☐ Place 1/4 of the mixture on the bottom of each pastry heart, placing the top of the heart on top.
- ☐ Serve with vegetables on the side. In our case, we had grilled cauliflower slices and sautéed greens with red peppers.

Nutrition Facts



Properties

Glycemic Index:190.08, Glycemic Load:38.21, Inflammation Score:-10, Nutrition Score:25.713478168392%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 1110.71kcal (55.54%), Fat: 63.18g (97.19%), Saturated Fat: 16.33g (102.09%), Carbohydrates: 93.5g (31.17%), Net Carbohydrates: 85.76g (31.18%), Sugar: 17.86g (19.84%), Cholesterol: 0mg (0%), Sodium: 1451.02mg (63.09%), Alcohol: 6.3g (100%), Alcohol %: 1.52% (100%), Protein: 37.64g (75.28%), Vitamin A: 3337.25IU (66.75%), Selenium: 37.91µg (54.16%), Manganese: 1mg (50.07%), Vitamin B1: 0.66mg (43.68%), Iron: 7.65mg (42.52%), Folate: 158.9µg (39.72%), Vitamin B3: 7.18mg (35.89%), Vitamin K: 35.75µg (34.05%), Vitamin B2: 0.53mg (31.38%), Fiber: 7.74g (30.97%), Vitamin C: 25.13mg (30.47%), Vitamin E: 3.02mg (20.1%), Vitamin B6: 0.39mg (19.4%), Potassium: 655.73mg (18.74%), Copper: 0.37mg (18.52%), Phosphorus: 164.79mg (16.48%), Magnesium: 51.01mg (12.75%), Zinc: 1.35mg (9.03%), Calcium: 85.55mg (8.55%), Vitamin B5: 0.78mg (7.76%)