



Shanghai Tofu Burgers With Chinese Slaw



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chile paste with garlic
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions minced
- ☐ 1.5 ounce hamburger buns
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 cup pineapple juice

- ☐ 0.5 cup roasted bell pepper sauce red
- ☐ 2 teaspoons sesame seed toasted
- ☐ 8 servings slaw chinese
- ☐ 1 pound spicy tofu firm drained

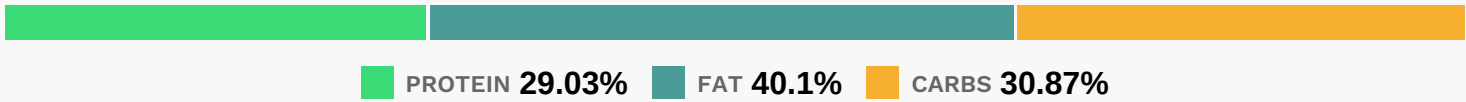
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 8 ingredients in a shallow dish.
- ☐ Cut tofu lengthwise into 8 (1/2-inch-thick) slices.
- ☐ Add tofu to dish, and spoon green onion mixture over tofu. Cover and marinate in refrigerator at least 1 hour, turning tofu occasionally.
- ☐ Preheat oven to 42
- ☐ Place tofu on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until lightly browned.
- ☐ Place 1 tofu slice on bottom half of bun; top with 1/2 cup Chinese Slaw.
- ☐ Drizzle with 1 tablespoon Red Bell Pepper Sauce; cover with top half of bun. Repeat procedure with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:2.36, Inflammation Score:-2, Nutrition Score:3.2947826152262%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 82.99kcal (4.15%), Fat: 3.76g (5.79%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.55g (1.73%), Cholesterol: 0mg (0%), Sodium: 222.01mg (9.65%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin K: 14.1µg (13.43%), Calcium: 95.01mg (9.5%), Vitamin C: 6.78mg (8.21%), Iron: 1.17mg (6.52%), Manganese: 0.13mg (6.33%), Fiber: 0.96g (3.83%), Folate: 13.66µg (3.41%), Vitamin B1: 0.05mg (3.09%), Copper: 0.05mg (2.66%), Selenium: 1.82µg (2.6%), Vitamin B6: 0.05mg (2.48%), Vitamin A: 110.57IU (2.21%), Magnesium: 8.05mg (2.01%), Vitamin B2: 0.03mg (1.93%), Vitamin B3: 0.38mg (1.92%), Phosphorus: 18.39mg (1.84%), Potassium: 64.57mg (1.84%), Zinc: 0.15mg (1.03%)