



Sunday Surprise

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons five-spice powder chinese
- ☐ 4 slices bread
- ☐ 4 tablespoons butter
- ☐ 16 ounce extra-firm tofu diced
- ☐ 1.5 pounds mushrooms
- ☐ 1 large onion diced
- ☐ 6 ounces cheddar cheese shredded

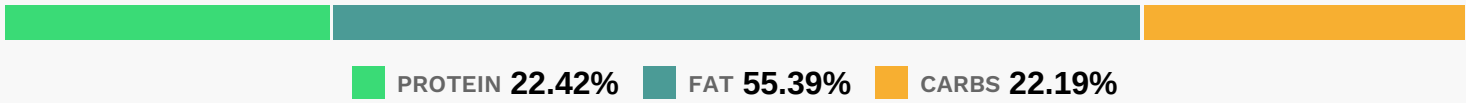
Equipment

- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a deep frying pan over high heat, saute butter, tofu, onion and Chinese five- spice seasoning until onions begin to appear translucent.
- ☐ Stir mushrooms into the frying pan, and reduce heat to medium-high.
- ☐ Let cook for 15 minutes; you will notice the mushrooms releasing their juices. Stir constantly, so that nothing gets burned onto the bottom of the pan.
- ☐ Place torn bread in the bottom of each serving dish.
- ☐ Sprinkle shredded cheese over top of the bread. With a ladle, scoop out mushroom-mixture (including the mushroom broth) and ladle it over the bread and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:9.5, Inflammation Score:-7, Nutrition Score:24.467826003614%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 477.18kcal (23.86%), Fat: 30.41g (46.78%), Saturated Fat: 16.02g (100.11%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 23.33g (8.48%), Sugar: 7.83g (8.7%), Cholesterol: 72.62mg (24.21%), Sodium: 582.57mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.4%), Vitamin B2: 1.01mg (59.15%), Selenium: 36.42µg (52.03%), Phosphorus: 520.2mg (52.02%), Copper: 0.87mg (43.48%), Calcium: 410.5mg (41.05%), Vitamin B3: 8.15mg (40.75%), Vitamin B5: 3.04mg (30.41%), Manganese: 0.55mg (27.34%), Iron: 4.65mg (25.84%), Vitamin B1: 0.38mg (25.64%), Potassium: 896.31mg (25.61%), Zinc: 3.68mg (24.52%), Magnesium: 78.87mg (19.72%), Folate: 69.54µg (17.39%), Fiber: 4.08g (16.33%), Vitamin B6: 0.32mg (15.9%), Vitamin A: 788.15IU (15.76%), Vitamin B12: 0.54µg (9.04%), Vitamin C: 7.14mg (8.65%), Vitamin E: 0.72mg (4.81%), Vitamin D: 0.6µg (3.97%), Vitamin K: 3.52µg

(3.35%)