



Thanksgiving No-Turkey Turkey

 Dairy Free

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READY IN

ready

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615 min.

SERVINGS

servings

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10

CALORIES

calories

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682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots minced
- ☐ 2 large stalks celery minced
- ☐ 1 teaspoon sage dried crumbled
- ☐ 5.5 teaspoons applesauce dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup garbanzo bean gravy
- ☐ 10 servings ground pepper black to taste
- ☐ 2 tablespoons butter

- ☐ 2 pound loaves multigrain bread
- ☐ 1 onion minced
- ☐ 17.5 ounce puff pastry frozen thawed
- ☐ 32 ounce seitan chicken-style
- ☐ 0.5 cup vegetable broth
- ☐ 0.5 cup water

Equipment

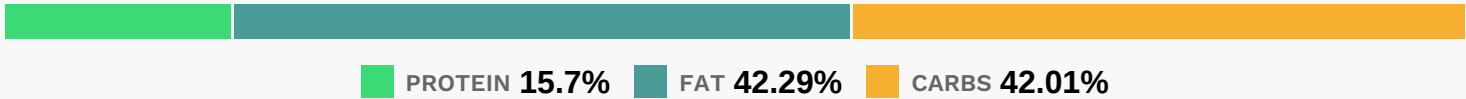
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Tear bread into 1-inch cubes and place into a large bowl.
- ☐ Let bread dry in the bowl, uncovered, at least 8 hours.
- ☐ Melt margarine in a large skillet over medium-high heat. Stir in carrots, celery, and onion. Cook and stir until the onion has softened and turned golden brown, about 10 minutes. Scrape onion mixture into the bowl with the dried bread; season with parsley, sage, and pepper.
- ☐ Whisk egg replacer, water, and vegetable broth in a small bowl until smooth.
- ☐ Pour over bread cubes and gently fold until evenly mixed.
- ☐ Let stand 30 minutes to allow bread to absorb the liquid.
- ☐ Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil and coat with nonstick cooking spray.
- ☐ Brush seitan with gravy on both sides; arrange overlapping slices on foil in a row, mounding in the center. Press stuffing mixture around seitan to cover. Wet hands lightly and press into a neat oval.

- ☐ Roll pastry sheets out to 1/16-inch thickness; arrange, overlapping slightly, to make a large rectangle. Seal edges with dabs of cold water. Drape pastry over mound; trim excess away from bottom. Use scraps to cut out decorative shapes (leaves, apples, etc). Attached with dabs of cold water.
- ☐ Bake until the pastry in deep golden brown, 1 to 1 1/4 hours. Cover the pastry with aluminum foil if it begins to brown too much.

Nutrition Facts



Properties

Glycemic Index:40.15, Glycemic Load:39.76, Inflammation Score:-9, Nutrition Score:28.397391145644%

Flavonoids

Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 682.26kcal (34.11%), Fat: 31.99g (49.22%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 71.5g (23.83%), Net Carbohydrates: 63.28g (23.01%), Sugar: 7.25g (8.05%), Cholesterol: 40.84mg (13.61%), Sodium: 671.48mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.46%), Manganese: 2.44mg (121.79%), Selenium: 44.61µg (63.73%), Vitamin A: 2413.64IU (48.27%), Vitamin B3: 9.45mg (47.24%), Vitamin B1: 0.66mg (43.76%), Vitamin K: 45.75µg (43.57%), Folate: 143.28µg (35.82%), Phosphorus: 342.16mg (34.22%), Fiber: 8.22g (32.87%), Magnesium: 111.96mg (27.99%), Iron: 4.79mg (26.63%), Vitamin B2: 0.4mg (23.44%), Vitamin B6: 0.46mg (22.9%), Copper: 0.41mg (20.65%), Zinc: 2.87mg (19.14%), Calcium: 181.31mg (18.13%), Potassium: 538.34mg (15.38%), Vitamin B5: 1.22mg (12.16%), Vitamin E: 1.21mg (8.07%), Vitamin C: 4.49mg (5.45%), Vitamin B12: 0.19µg (3.14%)