



The Trifecta Burger



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 280 g extra-firm tofu pressed drained
- ☐ 62 g flour all-purpose
- ☐ 30 ml sesame oil
- ☐ 34 g sriracha sauce
- ☐ 112 g soy tempeh plain
- ☐ 96 g tvp granules
- ☐ 112 g veganaise homemade store-bought
- ☐ 235 ml vegetable broth

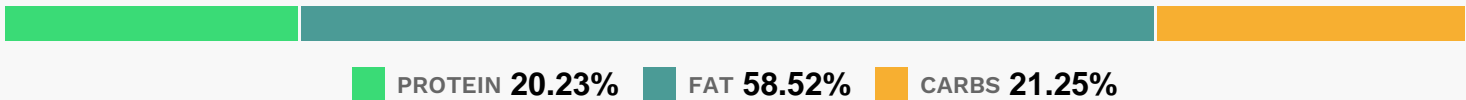
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ In a microwave-safe bowl, mix together the TVP granules and the broth, cover tightly with plastic wrap, and microwave for 5 to 6 minutes. Alternatively, bring the broth to a boil, pour over the TVP granules, cover, and let sit for 10 minutes.
- ☐ Let cool.
- ☐ In a mixing bowl, crumble the tofu and tempeh.
- ☐ Mix in the reconstituted TVP.
- ☐ Add the mayonnaise, Sriracha sauce, and sesame oil.
- ☐ Mix well.
- ☐ Slowly knead in the flour until well incorporated and form into 6 patties. Cook as desired.
- ☐ Bake at 350°F (180°C, or gas mark
- ☐ for 30 minutes, flipping halfway through, or bake first, then finish off by lightly frying in a smidge of oil until golden and crispy, 2 to 3 minutes on each side.
- ☐ From The Best Veggie Burgers on the Planet: 101 Globally Inspired Vegan Creations Packed with Fresh Flavors and Exciting New Tastes by Joni Marie Newman. Text © 2011 by Joni Marie Newman; photography © 2011 Rockport Publishers. Published by Fair Winds Press.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:6.3, Inflammation Score:-2, Nutrition Score:5.3600000350372%

Nutrients (% of daily need)

Calories: 325.92kcal (16.3%), Fat: 20.8g (32%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 13.83g (5.03%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 417.01mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.36%), Iron: 3.24mg (18.01%), Manganese: 0.32mg (15.8%), Calcium: 130.66mg (13.07%), Fiber: 3.16g (12.64%), Vitamin B2: 0.12mg (7.21%), Vitamin B1: 0.1mg (6.51%), Phosphorus: 61.44mg (6.14%), Copper: 0.12mg (6.05%), Folate: 23.73µg (5.93%), Vitamin B3: 1.12mg (5.59%), Vitamin C: 4.24mg (5.14%), Selenium: 3.5µg (5%), Magnesium: 17.68mg (4.42%), Potassium: 96.12mg (2.75%), Vitamin B6: 0.05mg (2.68%), Zinc: 0.29mg (1.94%), Vitamin A: 92.04IU (1.84%), Vitamin B5: 0.1mg (1.03%)