



 **29%**
HEALTH SCORE

Toasted Almond Tofu Burgers

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup alfalfa sprouts
- 0.5 cup almonds toasted finely chopped
- 0.5 cup carrots grated
- 1 large egg whites beaten to blend
- 1 garlic clove minced
- 2 teaspoons ginger minced peeled
- 0.5 cup spring onion thinly sliced
- 1 teaspoon sesame oil

- 4 hotdog buns toasted
- 4 hotdog buns toasted
- 1 teaspoon sesame seed toasted
- 4 teaspoons soya sauce
- 12 ounce tofu dry 1-inch-thick firm drained cut into slices
- 4 slices tomato

Equipment

- bowl
- frying pan
- grill
- kitchen towels

Directions

- Wrap tofu in doubled dish towel.
- Place on work surface. Weigh down with a board topped with food cans or weights for 1 hour. Squeeze towel-wrapped tofu to extract as much liquid as possible from tofu.
- Transfer tofu to medium bowl. Using fork, mash into small pieces.
- Spray medium nonstick skillet with nonstick spray; place over medium heat.
- Add carrot, green onions, ginger and garlic; sauté until slightly softened, about 3 minutes. Cool.
- Mix carrot mixture, almonds, egg white, soy sauce, sesame oil and sesame seeds into tofu. Season with salt and pepper. Shape mixture into four 1/2-inch-thick patties. (Can be made 4 hours ahead. Cover and chill.)
- If grilling, spray grill rack with nonstick spray, then prepare barbecue (medium heat). If sautéing, spray large nonstick skillet with nonstick spray and heat over medium heat. Lightly spray patties on both sides with nonstick spray.
- Place patties on grill or in skillet and cook until golden brown and heated through, about three minutes per side.
- Place 1 burger on each bun bottom. Top each with 1 tomato slice, some sprouts and bun top and serve.

Per serving: calories, 295; total fat, 15 g; saturated fat, 1 g; cholesterol,

Bon Appétit

Nutrition Facts

PROTEIN 19.49% **FAT 34.56%** **CARBS 45.95%**

Properties

Glycemic Index:90.21, Glycemic Load:26.67, Inflammation Score:-9, Nutrition Score:21.891739119654%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 446.24kcal (22.31%), Fat: 17.39g (26.75%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 46.47g (16.9%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 786.23mg (34.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.13%), Vitamin A: 2819.84IU (56.4%), Manganese: 1mg (49.8%), Selenium: 25.98µg (37.11%), Vitamin B1: 0.53mg (35.46%), Vitamin E: 5.01mg (33.37%), Vitamin K: 34.81µg (33.15%), Vitamin B2: 0.53mg (31.4%), Calcium: 301.98mg (30.2%), Iron: 5.16mg (28.64%), Folate: 103.95µg (25.99%), Vitamin B3: 4.75mg (23.75%), Fiber: 5.53g (22.12%), Phosphorus: 201.74mg (20.17%), Magnesium: 80.25mg (20.06%), Copper: 0.34mg (17.14%), Potassium: 364.98mg (10.43%), Zinc: 1.42mg (9.48%), Vitamin B6: 0.14mg (6.93%), Vitamin C: 5.5mg (6.66%), Vitamin B12: 0.18µg (2.96%), Vitamin B5: 0.23mg (2.29%)