



Tofu and Plantain Medley Veggie Patties

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black
- 0.5 cup bread crumbs
- 0.5 cup mushrooms canned sliced
- 1 large clove garlic roughly chopped
- 1 plantains peeled sliced
- 0.5 cup sun-dried tomatoes
- 1.3 cups spicy tofu cubed
- 1.3 cups zucchini chopped

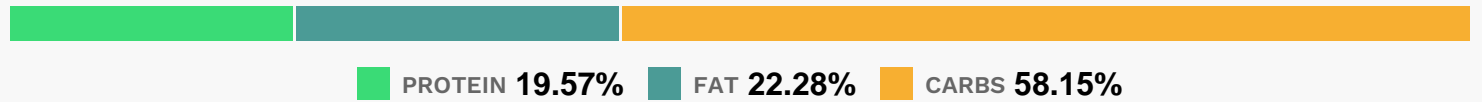
Equipment

- frying pan
- blender
- spatula

Directions

- Blend tofu, zucchini, plantain, mushrooms, sun-dried tomatoes, bread crumbs, olives, and garlic in a blender until mixture is a uniform, thick texture. Spoon mixture into your hand and mold into patties.
- Heat butter in a cast iron skillet over medium heat; cook patties, pressing on them lightly with a spatula, in the hot butter until browned, 3 to 5 minutes per side.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:10.508695678219%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 186.65kcal (9.33%), Fat: 4.93g (7.59%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 25.11g (9.13%), Sugar: 12.44g (13.82%), Cholesterol: 0mg (0%), Sodium: 268.92mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Manganese: 0.43mg (21.61%), Vitamin C: 16.64mg (20.16%), Potassium: 679.09mg (19.4%), Vitamin K: 17.19µg (16.37%), Fiber: 3.86g (15.45%), Iron: 2.74mg (15.24%), Vitamin B1: 0.21mg (14.3%), Copper: 0.27mg (13.66%), Calcium: 121.71mg (12.17%), Magnesium: 47.68mg (11.92%), Vitamin B3: 2.36mg (11.81%), Vitamin A: 589.26IU (11.79%), Vitamin B6: 0.21mg (10.29%), Vitamin B2: 0.16mg (9.3%), Phosphorus: 91.7mg (9.17%), Folate: 36.44µg (9.11%), Selenium: 4.71µg (6.73%), Vitamin B5: 0.59mg (5.91%), Zinc: 0.66mg (4.43%), Vitamin E: 0.31mg (2.04%)