



Tofu and Plantain Medley Veggie Patties

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black
- 0.5 cup bread crumbs
- 1 tablespoon butter or as needed
- 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

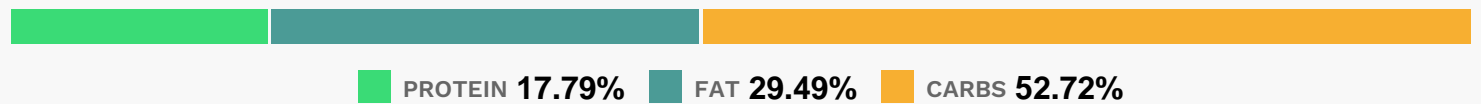
spatula

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:28, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:10.61565217311%

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: 206.72kcal (10.34%), Fat: 7.2g (11.08%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 25.11g (9.13%), Sugar: 12.44g (13.82%), Cholesterol: 6.02mg (2.01%), Sodium: 286.92mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.55%), Manganese: 0.43mg (21.61%), Vitamin C: 16.64mg (20.16%), Potassium: 679.76mg (19.42%), Vitamin K: 17.39µg (16.56%), Fiber: 3.86g (15.45%), Iron: 2.74mg (15.25%), Vitamin B1: 0.21mg (14.31%), Copper: 0.27mg (13.66%), Vitamin A: 659.23IU (13.18%), Calcium: 122.38mg (12.24%), Magnesium: 47.74mg (11.94%), Vitamin B3: 2.36mg (11.81%), Vitamin B6: 0.21mg (10.29%), Vitamin B2: 0.16mg (9.35%), Phosphorus: 92.37mg (9.24%), Folate: 36.53µg (9.13%), Selenium: 4.74µg (6.77%), Vitamin B5: 0.59mg (5.95%), Zinc: 0.67mg (4.45%), Vitamin E: 0.37mg (2.47%)