

Tofu Benedict with Vegan Hollandaise Sauce and Homemade English Muffins

 Dairy Free

READY IN



60 min.

SERVINGS



18

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 teaspoons brown mustard
- ☐ 4 slices canadian bacon
- ☐ 0.3 cup dairy-free margarine melted
- ☐ 2 tablespoons optional: non-dairy margarine melted
- ☐ 0.5 Cup so delicious dairy free cashew milk beverage unsweetened
- ☐ 1 cup warm so delicious dairy free almond unsweetened hot (not)

- ☐ 5.5 cups flour all-purpose
- ☐ 18 servings garlic powder to taste
- ☐ 3 tablespoons granulated sugar white
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup nutritional yeast
- ☐ 18 servings paprika to taste
- ☐ 0.8 teaspoon salt
- ☐ 18 servings salt to taste
- ☐ 18 servings salt & pepper to taste
- ☐ 3 tablespoons silken tofu
- ☐ 18 servings pkt spinach
- ☐ 18 servings half block tofu firm
- ☐ 1 slices tomato optional
- ☐ 0.5 teaspoon turmeric powder
- ☐ 1 cup warm water hot (not)

Equipment

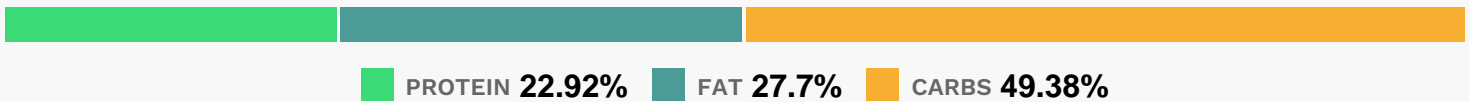
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ kitchen towels

Directions

- ☐ In a large mixing bowl, gently whisk together the warm water, warm So Delicious Almond Milk, sugar and yeast to dissolve the sugar.

- ☐ Let stand for 5 minutes or until foamy. Meanwhile, sift together the flour and salt in another bowl.
- ☐ Mix the melted margarine into the yeast mixture, taking care that your margarine is lukewarm and not hot.
- ☐ Add the flour mixture in several additions, until forming a soft, though not sticky, dough. Knead just until elastic, then return to a lightly oiled bowl and cover for 1 hour to 1-1/2 hours, or until doubled in bulk. Line a large baking sheet with parchment paper and sprinkle the parchment paper generously with cornmeal. Punch down the dough, but do not over-knead. Turn the dough out onto a clean work surface, and using a lightly-floured round biscuit cutter, cut the dough into circles, placing the muffins on the prepared sheet as your work. Cover loosely with a clean dish towel and let rise for 30 to 40 minutes.
- ☐ Heat a lightly oiled griddle to 300F, or over low heat. Carefully place the muffins on the griddle, and cook for 10 minutes on each side, or until lightly browned.
- ☐ Transfer English muffins to a wire cooling rack to cool. Store in plastic bread bags for up to a week. In a mixing bowl, combine all ingredients and whisk until smooth. Give your sauce a taste & adjust seasoning as necessary. Slice tofu into inch thick slabs and fry in a pan. Season with a little paprika, salt, and garlic powder. Toast English muffins slightly, top with vegan ham or Canadian bacon, tofu slabs, and vegan hollandaise sauce. Optionally top with tomato slices and some wilted spinach.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:23.25, Inflammation Score:-10, Nutrition Score:21.846086813056%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 318.62kcal (15.93%), Fat: 9.89g (15.21%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 35.69g (12.98%), Sugar: 3.47g (3.85%), Cholesterol: 3.17mg (1.06%), Sodium: 615.27mg (26.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.82%), Vitamin K: 149.37µg (142.25%), Vitamin A: 4067.35IU (81.35%), Folate: 146.84µg (36.71%), Manganese: 0.6mg (30.07%), Vitamin B1: 0.45mg (29.97%), Iron: 4.81mg (26.72%), Selenium: 16.2µg (23.14%), Calcium: 217.4mg (21.74%), Vitamin B2: 0.34mg (20.12%), Vitamin B3: 3.92mg (19.59%), Vitamin E: 2.66mg (17.76%), Fiber: 3.96g (15.85%), Vitamin C: 10.77mg (13.05%), Vitamin B6: 0.25mg (12.37%), Potassium: 367.8mg (10.51%), Magnesium: 40.53mg (10.13%), Phosphorus: 95mg (9.5%), Copper: 0.16mg (8.11%), Zinc: 0.79mg (5.27%), Vitamin B12: 0.26µg (4.25%), Vitamin B5: 0.35mg (3.49%), Vitamin D: 0.41µg (2.76%)