



Tofu Burgers



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dried fine
- ☐ 0.5 cup cashew nuts raw
- ☐ 0.5 teaspoon cayenne
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs
- ☐ 1 teaspoon ground cumin
- ☐ 12 slices bread french italian toasted
- ☐ 2 oz mushrooms sliced

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 cup sunflower seeds hulled
- ☐ 1 pound spicy tofu dry firm drained

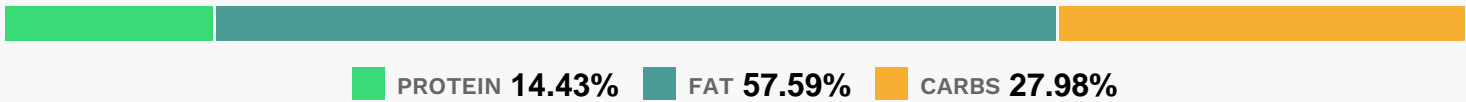
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Whirl all ingredients except olive oil and bread in a blender or food processor.
- ☐ Pour 1/2 tablespoon olive oil into a 10- to 12-inch nonstick frying pan over medium-high heat. When hot, drop about 3/4 cup tofu mixture into pan.
- ☐ Spread into a patty about 4 inches wide and 1 inch thick. Repeat to form two more patties in pan.
- ☐ Lower heat to medium and cook, turning once, until well browned on both sides and firm to the touch, 10 to 12 minutes total.
- ☐ Transfer patties to a pan in a 200 oven.
- ☐ Add remaining oil to pan and cook remaining patties.
- ☐ Serve burgers between slices of toasted bread (see note, above).

Nutrition Facts



Properties

Glycemic Index:29.37, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:14.622608783452%

Nutrients (% of daily need)

Calories: 498.56kcal (24.93%), Fat: 32.52g (50.04%), Saturated Fat: 10.37g (64.79%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 31.51g (11.46%), Sugar: 14.43g (16.04%), Cholesterol: 62mg (20.67%), Sodium: 536.37mg (23.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.68%), Vitamin E: 4.61mg (30.75%), Manganese: 0.53mg (26.38%), Copper: 0.51mg (25.57%), Vitamin B1: 0.38mg (25.15%), Selenium: 17.23µg (24.61%), Iron: 4.18mg (23.25%), Phosphorus: 216.98mg (21.7%), Magnesium: 85.08mg (21.27%), Vitamin B3: 3.96mg (19.79%), Folate: 73.23µg (18.31%), Fiber: 4.03g (16.12%), Vitamin B2: 0.24mg (14.18%), Calcium: 138.88mg (13.89%), Vitamin B6: 0.26mg (12.87%), Zinc: 1.7mg (11.36%), Potassium: 319.94mg (9.14%), Vitamin B5: 0.68mg (6.84%), Vitamin K: 5.9µg (5.62%), Vitamin A: 170.94IU (3.42%), Vitamin B12: 0.18µg (3.06%), Vitamin D: 0.35µg (2.35%)