



Tofu 'Fish' Fillet Sandwiches



Dairy Free

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READY IN

ready

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45 min.

SERVINGS

servings

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4

CALORIES

calories

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629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 0.3 cup dill pickle relish
- ☐ 0.3 teaspoon garlic powder
- ☐ 4 hamburger buns whole wheat split
- ☐ 1 teaspoon kelp powder
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings olive oil as needed

- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 4 servings tartar sauce
- ☐ 12 ounce tofu – dry firm drained sliced into 4 slices

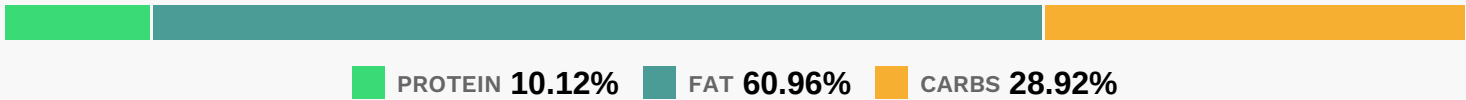
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, toss bread crumbs together with kelp powder, garlic powder, paprika, onion powder, and salt. Dip tofu slices into olive oil, then bread crumb mixture, patting lightly to coat well.
- ☐ Bake on a cookie sheet in preheated oven for 30 minutes. When first side is golden brown and slightly crispy, turn over, and finish baking.
- ☐ Meanwhile, mix together mayonnaise, relish, and lemon juice until well-blended. When tofu is nearly done baking, brush each bun half with olive oil, and toast in the oven.
- ☐ Serve with tartar sauce and your favorite sandwich condiments.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:15.19869556116%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 629.34kcal (31.47%), Fat: 43.09g (66.29%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 42.05g (15.29%), Sugar: 5.07g (5.63%), Cholesterol: 11.83mg (3.94%), Sodium: 1342.84mg (58.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.19%), Vitamin K: 58.67µg (55.87%), Manganese: 0.72mg (36%), Vitamin B1: 0.48mg (32.12%), Selenium: 21.85µg (31.22%), Iron: 4.52mg (25.1%), Folate: 83.64µg (20.91%), Calcium: 205.44mg (20.54%), Vitamin E: 3.06mg (20.39%), Vitamin B3: 3.9mg (19.52%), Fiber: 3.95g (15.78%), Vitamin B2: 0.26mg (15.55%), Phosphorus: 113.99mg (11.4%), Copper: 0.19mg (9.47%), Magnesium: 36.89mg (9.22%), Zinc: 0.97mg (6.49%), Potassium: 154.63mg (4.42%), Vitamin B5: 0.44mg (4.39%), Vitamin B6: 0.09mg (4.37%), Vitamin B12: 0.13µg (2.21%), Vitamin A: 108.54IU (2.17%), Vitamin C: 1.7mg (2.06%)