



Tofu-Mushroom Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 cups breadcrumbs fresh (3 slices bread)
- 1.5 teaspoons dijon mustard
- 2 teaspoons marjoram dried
- 0.5 teaspoon thyme leaves dried
- 1 large eggs lightly beaten
- 2 large garlic cloves minced
- 1 tablespoon soya sauce low-sodium

- 2.5 cups mushrooms finely chopped
- 1 teaspoon olive oil
- 1.5 cups onion diced
- 0.3 cup dry-roasted cashews finely
- 18 ounce kaiser rolls
- 12.3 ounce spicy tofu firm cut in half lengthwise
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- potato masher

Directions

- Place tofu on several layers of paper towels; cover with additional towels.
- Let stand 1 hour; press occasionally.
- Place in a bowl; mash with a potato masher.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, marjoram, and thyme; saut 5 minutes.
- Add mushrooms; saut 8 minutes.
- Add Worcestershire sauce, soy sauce, and garlic; saut 1 minute.
- Remove from heat; spoon into a bowl. Stir in tofu, breadcrumbs, nuts, Dijon, pepper, and egg. Divide into 6 equal portions; shape each into a 3/4-inch-thick patty.
- Place pan coated with cooking spray over medium-high heat until hot.
- Add patties; cook 3 minutes. Carefully turn patties over; cook 3 minutes or until browned.
- Serve on rolls.

Nutrition Facts



■ PROTEIN 17.21% ■ FAT 22.12% ■ CARBS 60.67%

Properties

Glycemic Index:40.17, Glycemic Load:28.86, Inflammation Score:-5, Nutrition Score:14.42304353092%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 444.2kcal (22.21%), Fat: 10.98g (16.88%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 67.75g (22.58%), Net Carbohydrates: 63.38g (23.05%), Sugar: 10.09g (11.21%), Cholesterol: 31mg (10.33%), Sodium: 702.73mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.44%), Iron: 15.85mg (88.07%), Vitamin B1: 0.33mg (22.27%), Manganese: 0.42mg (21.01%), Selenium: 14.55µg (20.79%), Vitamin B2: 0.34mg (20.08%), Copper: 0.36mg (17.79%), Fiber: 4.37g (17.46%), Vitamin B3: 3.43mg (17.16%), Calcium: 155.5mg (15.55%), Phosphorus: 143.93mg (14.39%), Folate: 52.93µg (13.23%), Vitamin B5: 1.01mg (10.14%), Magnesium: 38.44mg (9.61%), Potassium: 315.84mg (9.02%), Vitamin B6: 0.17mg (8.48%), Zinc: 1.15mg (7.64%), Vitamin K: 6.18µg (5.88%), Vitamin C: 4.44mg (5.38%), Vitamin B12: 0.18µg (3.08%), Vitamin E: 0.29mg (1.97%), Vitamin D: 0.25µg (1.64%), Vitamin A: 54.67IU (1.09%)