



Tofu Salad Sandwich

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp grey poupon harvest coarse ground mustard
- 1 tsp dill weed
- 2 green onions sliced
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 14 oz spicy tofu soft drained
- 8 slices bread whole wheat toasted

Equipment

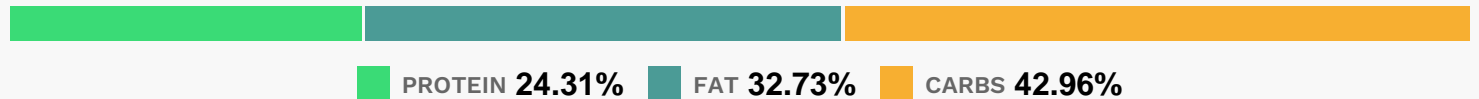
- bowl

potato masher

Directions

- Place tofu in large bowl; mash with potato masher or fork.
- Add all remaining ingredients except toast; mix well. Cover. Refrigerate at least 30 min.
- Spread 1/2 cup of the tofu mixture onto each of 4 of the toast slices just before serving; cover with 1 of the remaining toast slices.

Nutrition Facts



Properties

Glycemic Index:4.09, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.1517391198355%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 26.31kcal (1.32%), Fat: 0.96g (1.48%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.35g (0.38%), Cholesterol: 0.22mg (0.07%), Sodium: 41.4mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Manganese: 0.12mg (6.11%), Vitamin K: 2.44µg (2.32%), Selenium: 1.61µg (2.3%), Calcium: 22.29mg (2.23%), Fiber: 0.45g (1.79%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.54%), Phosphorus: 12.71mg (1.27%), Vitamin B3: 0.25mg (1.27%), Magnesium: 4.64mg (1.16%)