



Tofu Turkey II

 Dairy Free

READY IN



185 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon barbeque sauce
- ☐ 1 slice bread cubed
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon savory dried
- ☐ 1 tablespoon orange jam
- ☐ 0.5 teaspoon mustard prepared
- ☐ 1 teaspoon orange juice
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon sage
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sesame seed
- ☐ 0.3 cup soy margarine
- ☐ 12 ounce bread stuffing mix dry
- ☐ 1 pound spicy tofu firm
- ☐ 5 tablespoons vegetable oil divided
- ☐ 2 tablespoons water

Equipment

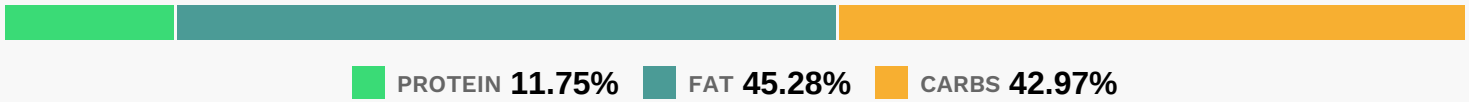
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Drain and rinse tofu; in a food processor or blender, process tofu until smooth. Stir in salt, marjoram, savory and pepper. Line a sieve with 2 sheets of paper towel and place over an empty bowl.
- ☐ Place tofu in lined sieve and press against sides to form a deep well in the middle.
- ☐ Place 2 more sheets of paper towel over tofu and refrigerate for 2 hours.
- ☐ Meanwhile, in a medium saucepan over medium-high heat combine stuffing mix, 2/3 cup water and margarine. Bring to a boil; reduce heat to low, cover and simmer for 5 minutes.
- ☐ Remove from heat; let stand 5 minutes and fluff with a fork. To the stuffing add bread cubes, sage and 2 tablespoons water.

- ☐ After tofu has chilled for 2 hours, preheat oven to 350 degrees F (175 degrees C). With 2 tablespoons of the vegetable oil, grease a baking sheet.
- ☐ Remove the top layer of paper towels from the tofu. If necessary, again press tofu against the sides of the sieve to form a well. Spoon the stuffing mixture into the well and smooth the surface with a spoon. Invert the tofu mold onto prepared baking sheet.
- ☐ Remove the remaining paper towel layer and shape the tofu with your hands if it has cracked or lost its shape.
- ☐ Bake in preheated oven for 30 minutes.
- ☐ Meanwhile, prepare the glaze by combining barbecue sauce, mustard, orange jam, orange juice, sesame seeds and remaining 3 tablespoons oil. After tofu has baked for 30 minutes, brush or spoon the glaze over it. Return to the oven and bake for 20 minutes more.
- ☐ Broil for 3 to 5 minutes, or until tofu is browned and crispy.

Nutrition Facts



Properties

Glycemic Index:69.92, Glycemic Load:4.1, Inflammation Score:-7, Nutrition Score:20.846087089051%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 704.74kcal (35.24%), Fat: 35.37g (54.42%), Saturated Fat: 6.44g (40.22%), Carbohydrates: 75.53g (25.18%), Net Carbohydrates: 71.23g (25.9%), Sugar: 10.78g (11.98%), Cholesterol: 0.85mg (0.28%), Sodium: 1927.2mg (83.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.33%), Selenium: 43.87µg (62.67%), Copper: 1.06mg (53.14%), Vitamin K: 40.66µg (38.72%), Folate: 151.95µg (37.99%), Vitamin B1: 0.56mg (37.08%), Manganese: 0.69mg (34.36%), Vitamin E: 4.48mg (29.89%), Iron: 5.25mg (29.14%), Vitamin B3: 5.41mg (27.04%), Calcium: 257.53mg (25.75%), Vitamin B2: 0.37mg (21.89%), Fiber: 4.3g (17.19%), Phosphorus: 144.58mg (14.46%), Magnesium: 45.54mg (11.38%), Vitamin A: 549.71IU (10.99%), Vitamin B6: 0.16mg (7.82%), Potassium: 246.6mg (7.05%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.41mg (4.07%), Vitamin C: 1.35mg (1.63%)