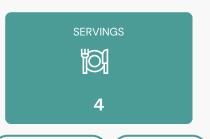


# **Tofu Turkey II**

airy Free







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	
Ec	uipment	
	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
PROTEIN 11.75% FAT 45.28% CARBS 42.97%

#### **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

### 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 %: O% (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%)