



Tofu & vegetable patties



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots grated
- ☐ 1 bunch spring onion sliced
- ☐ 1 garlic clove crushed
- ☐ 1.3 inch ginger grated
- ☐ 400 g tofu firm crumbled drained
- ☐ 2 eggs lightly beaten
- ☐ 2 tbsp vegetable oil
- ☐ 8 servings chilli sauce sweet

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Combine all the ingredients except the oils in a large bowl with some seasoning and mix well.
- ☐ Heat both the oils in a frying pan. Grease an 8cm metal pastry ring or cookie cutter and place in the pan. When hot, pour 5 tbsp of the batter in and turn the heat down to medium.
- ☐ Cook 4-5 mins until golden, then take off the ring (be careful, as it may be hot), flip the pattie and cook the other side. Do this in batches, keeping finished patties warm in a low oven.
- ☐ Serve with the chilli sauce and extra spring onions, if you like.

Nutrition Facts



Properties

Glycemic Index:17.35, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:3.788695667101%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 95.37kcal (4.77%), Fat: 6.69g (10.29%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.27g (0.82%), Sugar: 1.12g (1.25%), Cholesterol: 40.92mg (13.64%), Sodium: 33.57mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Vitamin A: 1363.18IU (27.26%), Vitamin K: 13.51µg (12.87%), Calcium: 74.19mg (7.42%), Selenium: 3.46µg (4.95%), Iron: 0.87mg (4.85%), Vitamin B2: 0.06mg (3.4%), Vitamin E: 0.46mg (3.09%), Fiber: 0.73g (2.91%), Phosphorus: 26.5mg (2.65%), Folate: 8.67µg (2.17%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.04mg (1.87%), Vitamin B12: 0.1µg (1.63%), Potassium: 53.9mg (1.54%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.19mg (1.44%), Manganese: 0.03mg (1.38%), Zinc: 0.18mg (1.2%)