



Vegan Gobbler Slices (Soy-Free Faux Turkey)



Vegetarian



Vegan



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 teaspoon celery seed
- ☐ 1 teaspoon parsley dried
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.8 teaspoon sage dried
- ☐ 120 ml cooking wine dry white
- ☐ 1 teaspoon garlic powder
- ☐ 24 g .3 oz. of pearl tapioca instant

- ☐ 30 ml juice of lemon fresh
- ☐ 0.5 teaspoon ground mustard
- ☐ 91 g navy beans cooked
- ☐ 30 g nutritional yeast
- ☐ 30 ml olive oil
- ☐ 2 teaspoons onion powder
- ☐ 0.5 teaspoon sea salt fine
- ☐ 15 g soy flour [use garbanzo flour for soy-free]
- ☐ 120 ml vegetable broth
- ☐ 180 g vital wheat gluten

Equipment

- ☐ bowl
- ☐ blender
- ☐ aluminum foil
- ☐ serrated knife

Directions

- ☐ In a blender, combine the navy beans through (and including) the celery seed. Blend until smooth. In a medium bowl, combine the gluten, yeast, garbanzo flour, and tapioca.
- ☐ Pour the liquids into the dry ingredients and mix with a fork.
- ☐ Add an additional tablespoon of broth (15 ml) or gluten (9 g) if needed to make a soft, workable dough. Knead a few minutes, squeezing to be sure all ingredients are combined.
- ☐ Transfer to the foil. Form into a roll about 6-inches (15-cm) long.
- ☐ Roll the foil around the mixture, twisting the ends to enclose the mixture. Prepare a steamer and steam the roll for 1 hour 15 minutes.
- ☐ Let cool completely before slicing thinly, using a sharp, serrated knife and cutting in a seesaw motion. Store leftovers tightly wrapped in the fridge, for up to one week or freeze airtight.

Nutrition Facts



Properties

Glycemic Index:51.6, Glycemic Load:1.74, Inflammation Score:-4, Nutrition Score:9.0817390628483%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 359.94kcal (18%), Fat: 9.08g (13.97%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 19.64g (7.14%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 426.74mg (18.55%), Alcohol: 3.13g (100%), Alcohol %: 2.44% (100%), Protein: 41.14g (82.28%), Selenium: 19.72µg (28.17%), Iron: 3.89mg (21.63%), Fiber: 5.26g (21.06%), Phosphorus: 183.99mg (18.4%), Manganese: 0.31mg (15.68%), Copper: 0.26mg (12.94%), Potassium: 434.22mg (12.41%), Folate: 48.23µg (12.06%), Magnesium: 46.73mg (11.68%), Calcium: 99.94mg (9.99%), Vitamin K: 8.13µg (7.75%), Vitamin E: 1.1mg (7.34%), Vitamin B1: 0.09mg (5.99%), Zinc: 0.9mg (5.98%), Vitamin B6: 0.09mg (4.54%), Vitamin C: 3.53mg (4.27%), Vitamin B2: 0.07mg (4.02%), Vitamin B3: 0.38mg (1.9%), Vitamin B5: 0.16mg (1.63%), Vitamin A: 71.93IU (1.44%)