



## Vegetarian Parm Heroes

READY IN



35 min.

SERVINGS



4

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 ounce canned tomatoes pureed whole canned
- 0.5 cup coca-cola
- 0.5 cup flour all-purpose
- 4 cloves garlic finely chopped
- 4 hero rolls split
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin
- 4 teaspoons oregano fresh chopped
- 0.8 cup parmesan finely grated

- 1.5 pounds seitan
- 8 ounces mozzarella cheese shredded
- 1 cup vegetable oil

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk

## Directions

- Heat the olive oil in a medium, heavy saucepan over medium heat until hot. Then stir in the garlic and 1/2 teaspoon each salt and pepper. Cook until golden, about 3 minutes. Stir in the tomatoes and simmer until thickened, about 10 minutes.
- Preheat the oven to 350 degrees F.
- Cut the seitan into 1/2-inch-thick slices.
- Whisk together the flour, 1 teaspoon salt, 1/2 teaspoon pepper and the cola in a bowl.
- Heat the oil in a large, heavy skillet over medium-high heat until hot. Dip half of the seitan into the batter, letting the excess drip off, and add to the skillet. Brown, turning occasionally, about 5 minutes.
- Drain the seitan on paper towels. Repeat with the remaining seitan.
- Divide the seitan among the rolls and top with the sauce. Divide the cheeses among the rolls.
- Place the rolls on a baking sheet and bake until the cheese is melted, about 5 minutes.
- Serve the heroes topped with the oregano.

## Nutrition Facts



■ PROTEIN 29.77% ■ FAT 42.81% ■ CARBS 27.42%

## Properties

Glycemic Index:83, Glycemic Load:34.18, Inflammation Score:-10, Nutrition Score:17.763478279114%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 833.19kcal (41.66%), Fat: 39.89g (61.36%), Saturated Fat: 13.22g (82.63%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 53.03g (19.28%), Sugar: 7.87g (8.74%), Cholesterol: 57.54mg (19.18%), Sodium: 1711.39mg (74.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.41g (124.81%), Iron: 14.79mg (82.18%), Calcium: 555.54mg (55.55%), Vitamin K: 38.58µg (36.74%), Phosphorus: 358.37mg (35.84%), Selenium: 19.7µg (28.15%), Vitamin B12: 1.52µg (25.3%), Vitamin B2: 0.31mg (18.47%), Fiber: 4.47g (17.87%), Vitamin E: 2.43mg (16.18%), Zinc: 2.38mg (15.84%), Manganese: 0.29mg (14.53%), Vitamin A: 564.56IU (11.29%), Vitamin B1: 0.16mg (10.44%), Folate: 38.72µg (9.68%), Magnesium: 29.35mg (7.34%), Vitamin B3: 1.15mg (5.74%), Vitamin B6: 0.1mg (5.16%), Potassium: 116.28mg (3.32%), Copper: 0.06mg (2.9%), Vitamin B5: 0.27mg (2.71%), Vitamin D: 0.32µg (2.14%), Vitamin C: 0.98mg (1.19%)