

Veggeroni (Seitan Pepperoni)

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon agave nectar (optional, but definitely use if you use tomato sauce)
- 1 teaspoon pepper black freshly ground
- 2 tablespoons cashew butter (may substitute peanut butter or tahini)
- 1 teaspoon fennel seeds
- 0.5 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 0.8 teaspoons mustard seeds
- 0.3 cup nutritional yeast

- 0.3 teaspoon onion powder
- 2 teaspoons paprika smoked spanish
- 0.5 teaspoon pepper red for spicier pepperoni (use more)
- 0.8 teaspoon salt
- 4 tablespoons tomato sauce
- 1.3 cup vital wheat gluten
- 0.7 cup water

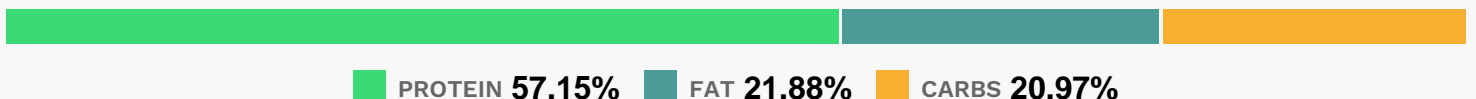
Equipment

- bowl
- oven
- plastic wrap
- aluminum foil

Directions

- Mix dry ingredients in a large bowl.
- Put the cashew butter in a smaller bowl, and slowly mix in the water.
- Add the remaining wet ingredients to the small bowl and blend well.
- Pour the wet mixture into the dry, stirring well (use your hands if necessary).
- Remove from the bowl and knead for a few minutes, making sure ingredients are distributed well.
- Roll into a log shape, about 7 inches long.
- Place the log on foil and roll it up in the foil, twisting the ends to seal.
- Bake for 1 hour and 15 minutes, turning over after 45 minutes.
- Remove from oven and unwrap to cool. Slice as needed and store leftovers wrapped in plastic wrap in the fridge.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:3.4721738981164%

Nutrients (% of daily need)

Calories: 107.03kcal (5.35%), Fat: 2.7g (4.15%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 264.86mg (11.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Selenium: 8.68µg (12.4%), Iron: 1.58mg (8.76%), Phosphorus: 76.49mg (7.65%), Copper: 0.15mg (7.52%), Vitamin A: 317.6IU (6.35%), Manganese: 0.11mg (5.5%), Magnesium: 20.38mg (5.1%), Fiber: 1.09g (4.37%), Calcium: 36.97mg (3.7%), Potassium: 117.43mg (3.36%), Zinc: 0.46mg (3.04%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.04mg (1.92%), Vitamin B1: 0.02mg (1.44%), Vitamin B2: 0.02mg (1.34%), Vitamin B3: 0.24mg (1.2%), Vitamin K: 1.24µg (1.18%), Folate: 4.48µg (1.12%)