



Veggie Sandwich with Orange-Chipotle Mayo



Vegetarian



Vegan



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoons chiles in adobo sauce to taste canned (from a can of chipotle chilies in adobo found on the international aisle of some grocery stores and in Hispanic markets)
- ☐ 6 servings pepper black freshly ground
- ☐ 16 ounces peas fresh thawed
- ☐ 0.3 teaspoon garlic powder
- ☐ 6 servings kosher salt to taste
- ☐ 1 lemon zest
- ☐ 2 tablespoons nutritional yeast generous
- ☐ 1 tablespoon olive oil

- ☐ 0.3 teaspoon onion powder
- ☐ 1 orange zest
- ☐ 1 box pepperidge farm puff pastry thawed
- ☐ 12 ounces silken tofu firm
- ☐ 1 tablespoon veganaise generous
- ☐ 2 tablespoons vegan cream sour generous

Equipment

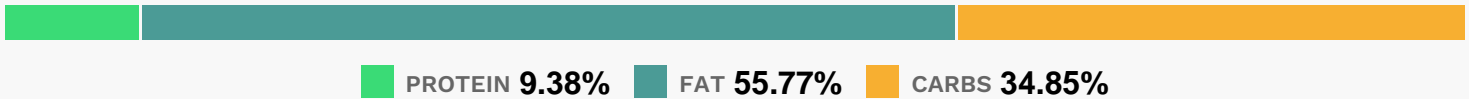
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Combine first 7 ingredients in the bowl of a food processor fitted with a metal blade. Puree until almost smooth and then drizzle in olive oil until very smooth. Refrigerate covered until ready to use. In a small cup or bowl, whisk together all ingredients until well combined. Refrigerate covered until ready to use. Preheat oven to 400 degrees. Line one baking sheet with Silpat or parchment paper and have another baking sheet and Silpat or piece of parchment paper ready. Unfold both sheets of puff pastry and cut each lengthwise along the fold lines into three strips and then crosswise into three equal pieces. (Each sheet should make six approximately 3 x 5" rectangles.) Arrange the 12 rectangles of pastry on a baking sheet, not touching. Prick the tops of each one with a fork. Cover with the remaining Silpat or piece of parchment paper and top with second baking sheet. (This will prevent the puff pastry from "puffing.")
- ☐ Place on rack in the lower third of your oven and bake for 20–25 minutes or until golden brown.

- ☐ Remove to a rack and allow to cool almost to room temperature. Meanwhile prepare and roast asparagus.
- ☐ Pour olive oil into a roasting pan.
- ☐ Add asparagus, toss lightly to coat, and sprinkle with salt to taste.
- ☐ Place on a rack above puff pastry and roast for 10–15 minutes, stirring once, until tender, but beginning to wither and develop slight caramelization.
- ☐ Remove the pan from the oven and allow to cool slightly.
- ☐ Spread a nice layer of Vegan Green Pea Hummus on half of the puff pastry “bread” slices. Top each with 1/6th of the asparagus. Turn the remaining puff pastry slices upside down and spread with a thin layer of the Vegan Orange–Chipotle Mayonnaise. Then place them, mayo side down, on top of each sandwich.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:22.87, Inflammation Score:-7, Nutrition Score:17.599130451679%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 605.47kcal (30.27%), Fat: 37.75g (58.08%), Saturated Fat: 8.97g (56.07%), Carbohydrates: 53.09g (17.7%), Net Carbohydrates: 46.42g (16.88%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 442.41mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.56%), Vitamin C: 34.27mg (41.54%), Vitamin B1: 0.59mg (39.12%), Manganese: 0.72mg (36.2%), Vitamin K: 33.47µg (31.88%), Selenium: 21.2µg (30.28%), Folate: 113.7µg (28.42%), Fiber: 6.67g (26.67%), Vitamin B3: 5.18mg (25.89%), Iron: 3.9mg (21.64%), Vitamin B2: 0.36mg (20.98%), Copper: 0.35mg (17.45%), Phosphorus: 167.28mg (16.73%), Magnesium: 55.41mg (13.85%), Vitamin A: 588.64IU (11.77%), Potassium: 395.88mg (11.31%), Zinc: 1.68mg (11.21%), Vitamin B6: 0.16mg (7.97%), Vitamin E: 0.88mg (5.9%), Calcium: 50.21mg (5.02%)