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Grilled Lemon Basil Tofu Burger ♦♦

The Grilled Lemon Basil Tofu Burger is a delicious vegan burger made with grilled tofu marinated in a tangy lemon and basil sauce. It is served on a toasted bun with fresh lettuce, tomato, and vegan mayonnaise. This burger is perfect for vegans and vegetarians who want a flavorful and satisfying meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	tofu
1 juice of	Lemon
10 leaves	Basil
1 teaspoon	salt
1 teaspoon	pepper

2 tablespoon	olive oil
4 pieces	burger buns
4 leaves	lettuce
4 slices	Tomato
4 tablespoon	vegan mayonnaise

Directions

Step 1

Press the tofu to remove excess moisture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix together the lemon juice, basil, salt, pepper, and olive oil to make a marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Resting

Place the tofu in the marinade and let it sit for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Grilling

Preheat the grill and grill the tofu for 5 minutes on each side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Grilling

Toast the burger buns on the grill.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the burgers by placing the grilled tofu on the bun and topping it with lettuce, tomato, and vegan mayonnaise.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 12 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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