

How to Cook a Tofurky Roast

Yield: 5 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/tofurkey-recipe-for-thanksgiving>

Ingredients:

- 1 tofurkey thawed in fridge for at least 24 hours
- 1 sweet potatoes medium-large, scrubbed
- 2 carrots
- 10 fingerling potatoes
- 2 tablespoons soy sauce
- 2 tablespoons olive oil
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon rosemary

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 8 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 390 milligrams
8. Sugar: 2 grams

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