



Creamy Spinach and Tofu Spaghetti

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 ounces tightly baby spinach fresh packed
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 8 ounces pasta like spaghetti whole wheat hot cooked uncooked
- ☐ 1 cup basil leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 4 teaspoons olive oil divided
- ☐ 1 ounce pecorino romano cheese fresh grated
- ☐ 2 tablespoons pinenuts toasted

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 6 ounces silken tofu cubed reduced-fat

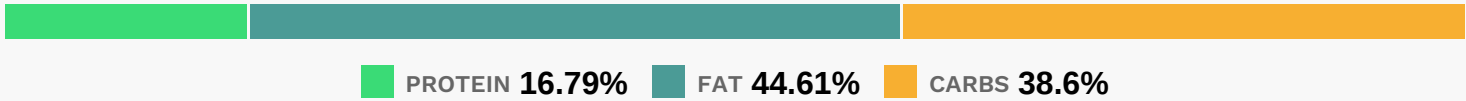
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place tomatoes, cut sides up, on a jelly-roll pan coated with cooking spray.
- ☐ Drizzle tomatoes with 2 teaspoons oil; sprinkle evenly with 1/4 teaspoon freshly ground pepper.
- ☐ Bake at 450 for 7 minutes or until tender.
- ☐ Combine remaining 2 teaspoons oil, remaining 1/4 teaspoon freshly ground black pepper, spinach, tofu, and next 5 ingredients (through garlic) in a food processor; process until smooth.
- ☐ Combine spinach mixture and pasta in a large skillet; cook over low heat 2 minutes or until thoroughly heated, stirring occasionally. Gently stir in tomatoes and toasted pine nuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:7.57, Inflammation Score:-8, Nutrition Score:17.421304251189%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 210.54kcal (10.53%), Fat: 10.95g (16.85%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 17.64g (6.42%), Sugar: 3.17g (3.52%), Cholesterol: 7.37mg (2.46%), Sodium: 541.12mg (23.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.55%), Manganese: 1.51mg (75.49%), Vitamin K: 75.87µg (72.25%), Vitamin A: 1545.6IU (30.91%), Vitamin C: 21.08mg (25.55%), Selenium: 16.45µg (23.5%), Phosphorus: 190.99mg (19.1%), Copper: 0.35mg (17.49%), Magnesium: 63.31mg (15.83%), Fiber: 3.69g (14.74%), Calcium: 129.84mg (12.98%), Iron: 2.31mg (12.84%), Vitamin E: 1.88mg (12.52%), Vitamin B1: 0.16mg (10.91%), Potassium: 377.91mg (10.8%), Zinc: 1.41mg (9.39%), Folate: 36.07µg (9.02%), Vitamin B6: 0.17mg (8.25%), Vitamin B2: 0.12mg (7.05%), Vitamin B3: 1.28mg (6.41%), Vitamin B5: 0.41mg (4.1%), Vitamin B12: 0.08µg (1.32%)