



 **54%**  
HEALTH SCORE

## Easy Vegan Spinach and Mushroom Lasagna

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tsp basil
- 0.1 tsp ground pepper
- 0.5 lb mushrooms fresh sliced
- 10 oz spinach frozen thawed drained chopped
- 1 tsp garlic chopped
- 0.5 tsp garlic powder
- 9 lasagne pasta sheets uncooked (regular lasagna noodles, )
- 2 tbsp nutritional yeast (adds a cheesy taste)

- 1.5 tsp oregano
- 0.5 tsp rosemary crushed
- 1 tsp salt
- 48 oz pasta sauce your favorite (or pasta sauce)
- 1 lb spicy tofu firm reduced-fat (, recommended-not silken!)
- 2 tbsp water

## Equipment

- food processor
- frying pan
- oven
- potato masher
- aluminum foil

## Directions

- Remove from heat and add the spaghetti sauce.
- Place the tofu and thawed spinach in the food processor and process briefly.
- Add the remaining filling ingredients to the processor and blend until smooth. (You may do this without a food processor by using a potato masher on the tofu.) Preheat the oven to 375 degrees.
- Spread half of the sauce in the bottom of a 9×12-inch pan.
- Place a layer of noodles over the sauce, using three dry noodles and leaving a little space in between them.
- Spread half of the tofu mixture on the noodles (I drop it by spoonfuls and then spread it). Cover with another layer of 3 noodles and then spread the remaining tofu mixture over them. Top with a final layer of noodles, and pour the remaining sauce over this. Cover the dish tightly with foil, and bake for 30 minutes. Then, remove the foil and bake for another 30 minutes.
- Remove from the oven and sprinkle with soy Parmesan and sliced black olives if you want. The lasagna will cut better if you allow it to cool for 15 minutes before serving.

## Nutrition Facts

PROTEIN 23.69% FAT 14.42% CARBS 61.89%

## Properties

Glycemic Index:38.44, Glycemic Load:11.35, Inflammation Score:-10, Nutrition Score:21.931739341306%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 205.61kcal (10.28%), Fat: 3.46g (5.32%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 28.1g (10.22%), Sugar: 7.01g (7.79%), Cholesterol: 0mg (0%), Sodium: 1003.78mg (43.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.59%), Vitamin K: 124.25µg (118.34%), Vitamin A: 4377.65IU (87.55%), Manganese: 0.68mg (33.95%), Selenium: 22.94µg (32.77%), Fiber: 5.34g (21.35%), Vitamin E: 3.19mg (21.26%), Potassium: 742.88mg (21.23%), Copper: 0.39mg (19.3%), Iron: 3.4mg (18.88%), Folate: 69.79µg (17.45%), Vitamin B2: 0.29mg (17.05%), Magnesium: 64.8mg (16.2%), Vitamin C: 13.05mg (15.82%), Vitamin B3: 3.07mg (15.33%), Vitamin B6: 0.28mg (14.01%), Calcium: 138.47mg (13.85%), Phosphorus: 132.73mg (13.27%), Vitamin B5: 1mg (10.01%), Vitamin B1: 0.11mg (7.59%), Zinc: 1.06mg (7.05%)