



 **22%**  
HEALTH SCORE

## Herbed Tofu Lasagna With Zucchini

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 ounce tofu firm
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 0.3 cup parsley fresh italian chopped
- 0.3 cup pinenuts
- 2 garlic clove peeled
- 2 tablespoons juice of lemon
- 1 teaspoon salt

- 0.5 teaspoon pepper red
- 0.3 teaspoon sugar
- 1 tablespoon olive oil
- 4 medium zucchini cut into 1/2 inch slices ( 3 cups)
- 5 cups tomatoes canned (the best you can find)
- 16 no boil lasagna noodles
- 1 serving olive oil extra virgin (for drizzling on each serving)

## Equipment

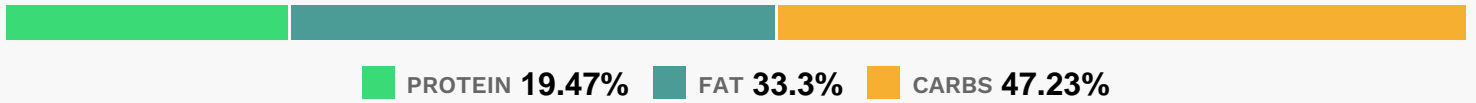
- food processor
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350&deg;F; coat a 13x9-inch baking dish with cooking spray.
- Place them in a dry skillet over medium heat. Cook, stirring constantly until golden (about 3 minutes).
- In food processor, combine tofu, basil, parsley, toasted pine nuts, garlic, lemon juice, salt, red pepper flakes, and sugar. Blend until smooth and similar in texture to ricotta cheese.
- In large non-stick skillet, heat oil and saut&eacute; the zucchini on medium-high heat just until they're tender (about 3 -5 minutes).
- Spread 3 tablespoons of the marinara sauce on the bottom of the prepared baking dish. Cover with a layer of noodles, overlapping them slightly.
- Layer as follows:.
- /2 of the tofu mixture.
- /2 of the zucchini mixture.
- Layer of noodles.
- Remaining tofu.

- Remaining zucchini.
- /2 cup marinara sauce.
- Layer of noodles.
- Remaining marinara sauce.
- Cover pan with foil and bake 1 hour.
- Let rest 10 minutes before serving.
- Drizzle olive oil on each serving.

## Nutrition Facts



### Properties

Glycemic Index:34.71, Glycemic Load:2.69, Inflammation Score:-7, Nutrition Score:13.943478428799%

### Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

### Nutrients (% of daily need)

Calories: 270.79kcal (13.54%), Fat: 10.56g (16.25%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 29.09g (10.58%), Sugar: 7.45g (8.28%), Cholesterol: 12.86mg (4.29%), Sodium: 825.78mg (35.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Vitamin K: 53.79µg (51.23%), Manganese: 0.71mg (35.47%), Vitamin C: 27.09mg (32.83%), Vitamin A: 1013.49IU (20.27%), Potassium: 690.43mg (19.73%), Fiber: 4.61g (18.45%), Vitamin E: 2.76mg (18.39%), Iron: 2.92mg (16.2%), Calcium: 138.41mg (13.84%), Vitamin B6: 0.27mg (13.43%), Copper: 0.26mg (12.88%), Magnesium: 46.8mg (11.7%), Vitamin B2: 0.17mg (9.96%), Phosphorus: 92.7mg (9.27%), Folate: 36.69µg (9.17%), Vitamin B3: 1.83mg (9.16%), Zinc: 0.86mg (5.77%), Vitamin B5: 0.57mg (5.74%), Vitamin B1: 0.09mg (5.72%), Selenium: 1.04µg (1.49%)