



 **62%**
HEALTH SCORE

Instant Vegan Alfredo

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups soup noodles whole wheat cooked
- 1 cup plant-based milk
- 0.3 tsp nutmeg
- 0.5 cup nutritional yeast
- 12 ounces silken tofu
- 2 tbsp pastry flour whole wheat

Equipment

- sauce pan

whisk

Directions

- Blend tofu with non-dairy milk, nutmeg, garlic, onion and a light dash of cayenne pepper (optional, or alternatively, add a drop or two of hot sauce) until smooth and creamy.
- Transfer mixture to a saucepan and whisk in nutritional yeast, flour and 1 tbsp vegan parmesan. Cook over medium heat and allow to thicken. Taste, add salt and black pepper to taste and adjusting other seasonings (more Parmesan, more garlic, etc) as desired. Toss with 2-3 cups of cooked whole wheat or brown rice pasta and vegetables if using.

Serve immediately.

Amount Per Serving

Calories

Fat

10g

Carbohydrate

10g Dietary Fiber 11g Sugars 8.50g Protein 35g

Nutrition Facts



Properties

Glycemic Index: 83, Glycemic Load: 17.24, Inflammation Score: -6, Nutrition Score: 20.14913054175%

Nutrients (% of daily need)

Calories: 378.95kcal (18.95%), Fat: 9.87g (15.18%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 51.56g (17.19%), Net Carbohydrates: 42.55g (15.47%), Sugar: 9.14g (10.16%), Cholesterol: 14.64mg (4.88%), Sodium: 58.57mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.74%), Manganese: 1.92mg (95.89%), Selenium: 37.08µg (52.97%), Fiber: 9.01g (36.06%), Phosphorus: 358.83mg (35.88%), Copper: 0.58mg (29.05%), Magnesium: 109.31mg (27.33%), Vitamin B1: 0.4mg (26.76%), Potassium: 787.25mg (22.49%), Calcium: 223.3mg (22.33%), Iron: 3.56mg (19.78%), Vitamin B2: 0.3mg (17.7%), Zinc: 2.52mg (16.83%), Vitamin B12: 0.66µg (10.98%), Vitamin B6: 0.21mg (10.74%), Vitamin B5: 0.99mg (9.9%), Vitamin B3: 1.82mg (9.1%), Vitamin D: 1.34µg (8.95%), Vitamin A: 202.08IU (4.04%), Vitamin E: 0.46mg (3.09%), Folate: 9.16µg (2.29%), Vitamin K: 1.32µg (1.26%)