



HEALTH SCORE

73%

Lasagna Rolls



Very Healthy



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounces extra-firm tofu
- ☐ 10 ounces pkt spinach frozen
- ☐ 1 tbsp garlic powder
- ☐ 2 tbsp penzey's southwest seasoning italian
- ☐ 1 tbsp juice of lemon
- ☐ 25 ounces tomatoes
- ☐ 0.3 cup nutritional yeast
- ☐ 0.3 cup vegan parmesan

- ☐ 0.3 tsp salt
- ☐ 8 ounces lasagna noodles whole wheat

Equipment

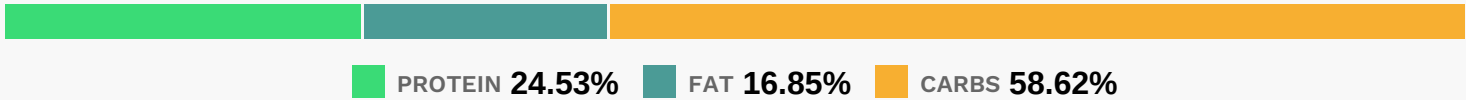
- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot, cook pasta al dente according to directions. Immediately rinse with cold water, pat dry with a clean towel and set aside laying flat on a plate. Press out any excess water from spinach and combine with tofu and vegan Parmesan in a large bowl until well incorporated. Once evenly combined, taste test, adding salt as desired and adjusting nutritional yeast, parmesan and seasonings to taste. Then add 1/2 cup of marinara and stir to combine. Line your large pot with a thin layer of marinara. On a clean work surface, spread 1/4 cup of the tofu-spinach mixture on a noodle and roll it close.
- ☐ Place the roll in the pot with the crease facing down. Repeat with all noodles.
- ☐ Pour the remaining marinara over the rolls, cover and bring to a boil. Once boiling, reduce to medium and simmer about five minutes, until rolls and marinara are warm.

- ☐ Serve immediately.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 80g
- ☐ Carbohydrate
- ☐ gDietary Fiber6.10gSugars7.10gProtein11.60g

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:19.105652128225%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 157.61kcal (7.88%), Fat: 3.18g (4.9%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 21.93g (7.97%), Sugar: 2.95g (3.28%), Cholesterol: 1.7mg (0.57%), Sodium: 459.36mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Vitamin K: 113.71µg (108.29%), Vitamin A: 3667.77IU (73.36%), Manganese: 1.03mg (51.43%), Selenium: 19.52µg (27.89%), Magnesium: 68.96mg (17.24%), Iron: 3.03mg (16.82%), Folate: 63.71µg (15.93%), Calcium: 151.64mg (15.16%), Vitamin E: 2.04mg (13.6%), Fiber: 2.99g (11.98%), Copper: 0.24mg (11.89%), Potassium: 407.37mg (11.64%), Phosphorus: 114.51mg (11.45%), Vitamin B1: 0.16mg (10.78%), Vitamin B3: 2.07mg (10.36%), Vitamin B6: 0.2mg (9.91%), Vitamin B2: 0.16mg (9.25%), Vitamin C: 7.14mg (8.65%), Zinc: 0.98mg (6.52%), Vitamin B5: 0.5mg (4.99%)