



Pesto Tofu Pasta

READY IN



100 min.

SERVINGS



8

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup olives black sliced
- 1 tablespoon capers
- 1 sprig basil fresh
- 1 sprig basil fresh
- 1 pound mushrooms fresh coarsely chopped
- 1 pound mushrooms fresh coarsely chopped
- 2 cups milk
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated

- 1.2 ounce basil pesto
- 8 servings salt and pepper to taste
- 1 pound rotini pasta
- 16 ounce tofu firm cubed drained

Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Stir in spiral pasta, and cook for 8 to 10 minutes or until al dente; drain.
- In a medium bowl, blend 1/4 cup olive oil, milk, and pesto sauce mix.
- Heat 2 tablespoons olive oil in a medium skillet over medium heat.
- Place tofu in the skillet, and season with salt and pepper. Cook and stir until evenly browned.
- Remove from heat, and drain on paper towels.
- Place mushrooms into the skillet, and cook about 5 minutes. Stir in the olives, capers, and 2 tablespoons Parmesan cheese.
- Mix in the tofu and pesto sauce. Continue cooking about 5 minutes before serving over the rotini. Top with remaining Parmesan cheese and basil.

Nutrition Facts



PROTEIN 18.74% **FAT 31.11%** **CARBS 50.15%**

Properties

Glycemic Index:37.38, Glycemic Load:19.05, Inflammation Score:-4, Nutrition Score:17.202174031216%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 404.9kcal (20.24%), Fat: 14.23g (21.89%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 47.56g (17.29%), Sugar: 7.1g (7.89%), Cholesterol: 10.38mg (3.46%), Sodium: 613.79mg (26.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.57%), Selenium: 48.8µg (69.71%), Vitamin B2: 0.59mg (34.58%), Manganese: 0.59mg (29.27%), Phosphorus: 287.16mg (28.72%), Copper: 0.55mg (27.62%), Vitamin B3: 5.18mg (25.88%), Vitamin B5: 2.18mg (21.85%), Calcium: 205.9mg (20.59%), Potassium: 593.33mg (16.95%), Fiber: 4.07g (16.27%), Magnesium: 51.18mg (12.8%), Vitamin B6: 0.24mg (12.22%), Vitamin B1: 0.18mg (12.12%), Iron: 2.16mg (12%), Zinc: 1.79mg (11.93%), Vitamin E: 1.28mg (8.53%), Folate: 30.75µg (7.69%), Vitamin B12: 0.42µg (6.95%), Vitamin A: 305.65IU (6.11%), Vitamin D: 0.91µg (6.09%), Vitamin K: 4.96µg (4.72%), Vitamin C: 2.51mg (3.05%)