

# Tofu Lasagna

READY IN



55 min.

SERVINGS



8

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon parsley dried
- 2 eggs
- 0.3 teaspoon nutmeg
- 12 ounce lasagne pasta sheets uncooked
- 2 tablespoons milk
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon salt
- 2 cups mozzarella cheese shredded divided

- 1 cup pasta sauce
- 12 ounce tofu firm crumbled

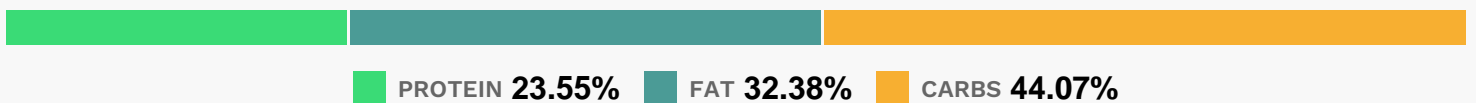
## Equipment

- bowl
- oven
- pot
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add lasagna and cook for 8 to 10 minutes or until al dente; drain.
- In a medium bowl combine tofu, eggs, salt, pepper, nutmeg, milk, spaghetti sauce, parsley and 1 cup of mozzarella cheese.
- Spread a layer in the bottom of a 9x13 inch baking dish.
- Layer lasagna noodles with the sauce mixture, ending with sauce.
- Sprinkle with remaining mozzarella and Parmesan cheese.
- Bake in preheated oven for 25 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.63, Glycemic Load:13.64, Inflammation Score:-5, Nutrition Score:11.476521751155%

## Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

## Nutrients (% of daily need)

Calories: 330.34kcal (16.52%), Fat: 11.82g (18.18%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 33.94g (12.34%), Sugar: 2.9g (3.23%), Cholesterol: 68.93mg (22.98%), Sodium: 525.22mg (22.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Selenium: 37.49µg (53.56%), Calcium: 277.08mg (27.71%), Phosphorus: 254.27mg (25.43%), Manganese: 0.47mg (23.71%), Vitamin B12: 0.84µg (14.02%), Zinc: 1.93mg (12.86%), Vitamin B2: 0.21mg (12.22%), Iron: 1.76mg (9.8%), Magnesium: 37.91mg (9.48%), Fiber: 2.26g (9.02%), Vitamin A: 446.68IU (8.93%), Copper: 0.18mg (8.76%), Potassium: 247.14mg (7.06%), Vitamin B6: 0.13mg (6.47%), Vitamin B3: 1.1mg (5.49%), Vitamin B5: 0.52mg (5.24%), Vitamin K: 5.2µg (4.95%), Vitamin E: 0.71mg (4.76%), Folate: 18.42µg (4.61%), Vitamin B1: 0.06mg (4.2%), Vitamin C: 2.46mg (2.98%), Vitamin D: 0.4µg (2.7%)