



Tofu Parmesan Subs

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups baby spinach
- 0.5 cup breadcrumbs
- 14 ounce canned tomatoes crushed canned
- 1 large eggs
- 8 basil leaves fresh
- 1 clove garlic smashed
- 1 loaf bread whole-wheat split italian cut into 4 pieces and in half
- 0.5 teaspoon penzey's southwest seasoning dried italian

- 4 servings kosher salt and pepper freshly ground
- 2.5 tablespoons olive oil extra-virgin plus more for drizzling
- 0.3 cup parmesan cheese grated
- 0.3 cup part-skim mozzarella cheese shredded
- 12 ounce spicy tofu firm drained sliced into 8 pieces

Equipment

- bowl
- frying pan
- sauce pan
- broiler
- broiler pan

Directions

- Preheat the broiler.
- Combine the tomatoes, garlic, basil and 1 cup water in a saucepan over medium-high heat. Season with salt and pepper and simmer until slightly thickened, about 15 minutes.
- Toss the breadcrumbs, 2 tablespoons parmesan and the Italian seasoning on a plate; season with salt and pepper. Beat the egg in a shallow bowl. Dip the tofu in the egg, then in the crumbs, turning to coat.
- Heat 2 tablespoons olive oil in a nonstick skillet over medium heat.
- Add the tofu and cook until crisp, 3 to 4 minutes per side.
- Place the bread cut-side up on a broiler pan; spread the bottom halves with sauce, then top with tofu, more sauce, the mozzarella and remaining parmesan. Broil until the cheese melts and the bread is toasted, about 2 minutes.
- Meanwhile, heat the remaining 1/2 tablespoon olive oil in the empty skillet over medium-high heat.
- Add the spinach, season with salt and pepper and let wilt, about 1 minute.
- Place on top of the cheese and cover with the bread tops.
- Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN 18.46% FAT 29.48% CARBS 52.06%

Properties

Glycemic Index:62.17, Glycemic Load:45.96, Inflammation Score:-10, Nutrition Score:46.400869473167%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 786.17kcal (39.31%), Fat: 26.08g (40.12%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 103.59g (34.53%), Net Carbohydrates: 92.17g (33.51%), Sugar: 15.6g (17.34%), Cholesterol: 58.23mg (19.41%), Sodium: 1485.8mg (64.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.74g (73.48%), Vitamin K: 314.73µg (299.74%), Manganese: 2.92mg (145.81%), Vitamin A: 6062.7IU (121.25%), Selenium: 61.44µg (87.77%), Folate: 296.41µg (74.1%), Vitamin B1: 0.96mg (64.08%), Iron: 11.16mg (62.01%), Vitamin B3: 12.09mg (60.46%), Calcium: 579.03mg (57.9%), Fiber: 11.43g (45.71%), Vitamin B2: 0.76mg (44.57%), Phosphorus: 414.69mg (41.47%), Magnesium: 150.16mg (37.54%), Vitamin C: 26.71mg (32.38%), Vitamin E: 4.29mg (28.59%), Copper: 0.57mg (28.34%), Potassium: 938.79mg (26.82%), Vitamin B6: 0.52mg (25.85%), Zinc: 3.29mg (21.92%), Vitamin B5: 2.02mg (20.16%), Vitamin B12: 0.33µg (5.47%), Vitamin D: 0.31µg (2.08%)