

Tofu Parmigiana

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 0.5 teaspoon basil dried
- ☐ 1 clove garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons oregano dried divided
- ☐ 5 tablespoons parmesan cheese grated
- ☐ 4 servings salt to taste

- ☐ 0.5 cup seasoned bread crumbs
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 12 ounce spicy tofu firm

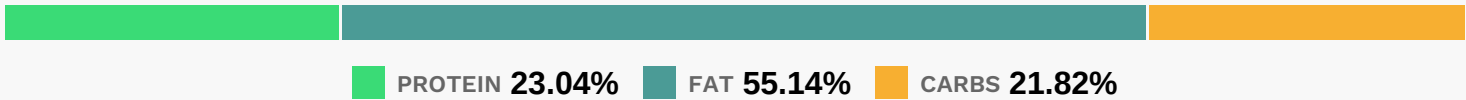
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a small bowl, combine bread crumbs, 2 tablespoons Parmesan cheese, 1 teaspoon oregano, salt, and black pepper.
- ☐ Slice tofu into 1/4 inch thick slices, and place in bowl of cold water. One at a time, press tofu slices into crumb mixture, turning to coat all sides.
- ☐ Heat oil in a medium skillet over medium heat. Cook tofu slices until crisp on one side.
- ☐ Drizzle with a bit more olive oil, turn, and brown on the other side.
- ☐ Combine tomato sauce, basil, garlic, and remaining oregano.
- ☐ Place a thin layer of sauce in an 8 inch square baking pan. Arrange tofu slices in the pan. Spoon remaining sauce over tofu. Top with shredded mozzarella and remaining 3 tablespoons Parmesan.
- ☐ Bake at 400 degrees F (205 degrees C) for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:11.197826206684%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 320.05kcal (16%), Fat: 19.88g (30.58%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 14.92g (5.42%), Sugar: 3.48g (3.87%), Cholesterol: 27.98mg (9.33%), Sodium: 954.1mg (41.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.36%), Calcium: 360.72mg (36.07%), Vitamin K: 22µg (20.95%), Phosphorus: 184.97mg (18.5%), Iron: 3mg (16.66%), Selenium: 11.21µg (16.02%), Manganese: 0.31mg (15.5%), Vitamin E: 2.15mg (14.31%), Vitamin B12: 0.78µg (13.05%), Vitamin B2: 0.21mg (12.28%), Vitamin B1: 0.17mg (11.43%), Fiber: 2.78g (11.12%), Vitamin A: 538.72IU (10.77%), Zinc: 1.48mg (9.89%), Vitamin B3: 1.58mg (7.9%), Potassium: 256.43mg (7.33%), Folate: 28.11µg (7.03%), Magnesium: 27.21mg (6.8%), Copper: 0.12mg (6%), Vitamin B6: 0.12mg (5.92%), Vitamin C: 4.63mg (5.61%), Vitamin B5: 0.35mg (3.45%)