



Tofu Ricotta



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 pound extra-firm tofu
- ☐ 0.3 tsp garlic powder
- ☐ 2 tbsp penzey's southwest seasoning italian
- ☐ 1 tsp juice of lemon
- ☐ 0.3 cup nutritional yeast

Equipment

- ☐ mixing bowl
- ☐ kitchen towels

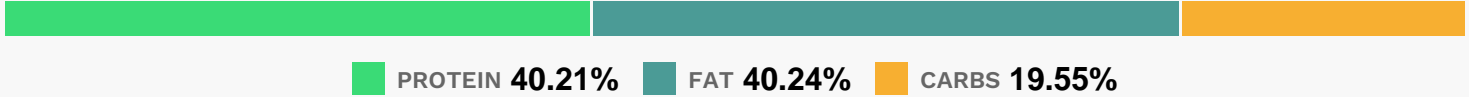
☐ cutting board

Directions

- ☐ Wrap tofu in a clean kitchen towel and place between two cutting boards.
- ☐ Place a heavy object, such as a 28-ounce can of tomatoes or beans, on top.
- ☐ Let rest 20 minutes, allowing the weight to press out extra moisture in the tofu. Unwrap tofu and pat dry. In a large mixing bowl, crumble tofu with your hands. Then mix in remaining ingredients plus salt and pepper to taste. Eat within 1 week.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 50g
 - ☐ Carbohydrate
 - ☐ 50gDietary Fiber3.60gSugars1.40gProtein13.90g

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:3.4643478503694%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 113.11kcal (5.66%), Fat: 5.22g (8.03%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 5.29mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Calcium: 181.9mg (18.19%), Vitamin K: 15.54µg (14.8%), Iron: 2.46mg (13.65%), Fiber: 2.68g (10.71%), Manganese: 0.13mg (6.34%), Vitamin E: 0.46mg (3.06%), Potassium: 90.1mg (2.57%), Magnesium: 6.97mg (1.74%), Folate: 6.27µg (1.57%), Vitamin B6: 0.03mg (1.49%)