



Tofu Rigatoni Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 pound rigatoni cooked drained
- ☐ 1 large eggs
- ☐ 4 cups mozzarella fresh grated
- ☐ 10 ounce spinach frozen drained
- ☐ 3 garlic clove finely chopped
- ☐ 1 pinch nutmeg grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin plus more for drizzling
- ☐ 0.5 onion finely chopped

- ☐ 1 pinch oregano dried
- ☐ 0.8 cup parmesan grated
- ☐ 10 servings pepper black freshly ground to taste
- ☐ 12 ounce tofu firm drained

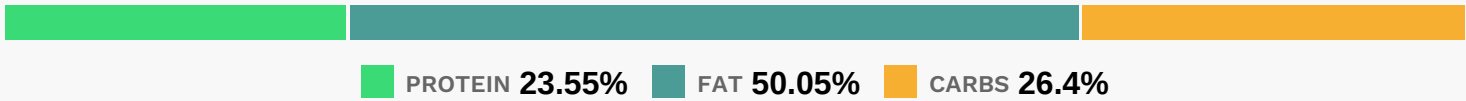
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Heat the oil in a saucepan over medium-high heat.
- ☐ Add the onion. Sauté for 3 minutes, then add the garlic and cook until the onion is translucent, about 2 minutes more.
- ☐ Add the tomatoes and oregano. Reduce heat and simmer, stirring occasionally, for 15 minutes. Meanwhile, in a blender, process the tofu, egg, nutmeg, salt, and pepper until smooth.
- ☐ Transfer the mixture to a bowl and fold in the spinach, cooked rigatoni, tomato sauce, 1 cup of the mozzarella, and 1/2 cup of the Parmesan.
- ☐ Drizzle a coating of olive oil into a 13-by-9-inch baking pan.
- ☐ Add the pasta mixture and sprinkle the remaining cheeses over the top.
- ☐ Bake until golden and bubbling, 35 to 40 minutes.
- ☐ Let cool for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:31.95, Glycemic Load:8.66, Inflammation Score:-10, Nutrition Score:22.317826364351%

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 Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 356.9kcal (17.84%), Fat: 20.18g (31.04%), Saturated Fat: 8.35g (52.18%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 20.37g (7.41%), Sugar: 4.84g (5.38%), Cholesterol: 59.09mg (19.7%), Sodium: 536.24mg (23.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.74%), Vitamin K: 114.35µg (108.91%), Vitamin A: 3884.36IU (77.69%), Calcium: 430.83mg (43.08%), Selenium: 25.15µg (35.93%), Phosphorus: 289.5mg (28.95%), Manganese: 0.55mg (27.28%), Vitamin B12: 1.16µg (19.27%), Vitamin E: 2.78mg (18.52%), Vitamin B2: 0.29mg (17.13%), Iron: 2.98mg (16.53%), Folate: 61.8µg (15.45%), Magnesium: 59.32mg (14.83%), Zinc: 2.21mg (14.71%), Fiber: 3.58g (14.33%), Copper: 0.25mg (12.48%), Vitamin B6: 0.24mg (12.01%), Potassium: 411.97mg (11.77%), Vitamin C: 9.55mg (11.58%), Vitamin B1: 0.12mg (7.89%), Vitamin B3: 1.38mg (6.91%), Vitamin B5: 0.49mg (4.86%), Vitamin D: 0.32µg (2.11%)