



Tofu & spinach cannelloni



Vegetarian



Vegan



Dairy Free



Very Healthy



Popular

READY IN



85 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 3 garlic clove finely chopped
- ☐ 800 g canned tomatoes chopped canned
- ☐ 50 g pinenuts roughly chopped
- ☐ 400 g pkt spinach
- ☐ 1 pinch nutmeg grated
- ☐ 349 g silken tofu

- ☐ 300 g lasagna sheets fresh
- ☐ 4 tbsp breadcrumbs fresh

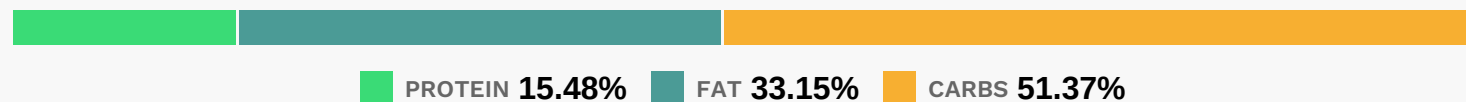
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ immersion blender

Directions

- ☐ Heat half the oil in a pan, add onion and 1/3 of the garlic and fry for 4 mins until softened.
- ☐ Pour in tomatoes, season and bring to the boil. Reduce heat and cook for 10 mins until sauce thickens.
- ☐ Heat half remaining oil in a frying pan and cook another 1/3 of garlic for 1 min, then add half the pine nuts and the spinach. Wilt spinach, then tip out excess liquid. Whizz tofu in a food processor or with a hand blender until smooth, then stir through the spinach with the nutmeg and some pepper.
- ☐ Remove from the heat; allow to cool slightly.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Pour half tomato sauce into a 20 x 30cm dish. Divide spinach mix between lasagne sheets, roll up and lay on top of sauce.
- ☐ Pour over remaining sauce.
- ☐ Bake for 30 mins.
- ☐ Mix crumbs with remaining garlic and pine nuts.
- ☐ Sprinkle over top of dish, drizzle with remaining oil and bake for 10 mins until crumbs are golden.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:33.947826230008%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 368.11kcal (18.41%), Fat: 14.16g (21.78%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 49.37g (16.46%), Net Carbohydrates: 44.33g (16.12%), Sugar: 8.46g (9.4%), Cholesterol: 36.5mg (12.17%), Sodium: 294.65mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Vitamin K: 336.91µg (320.86%), Vitamin A: 6564.59IU (131.29%), Manganese: 1.96mg (98.19%), Folate: 248.29µg (62.07%), Vitamin B1: 0.67mg (44.63%), Vitamin C: 32.9mg (39.87%), Iron: 6.57mg (36.5%), Magnesium: 145.5mg (36.37%), Copper: 0.71mg (35.27%), Potassium: 1053.09mg (30.09%), Vitamin E: 4.48mg (29.86%), Vitamin B2: 0.49mg (28.86%), Phosphorus: 259.78mg (25.98%), Vitamin B3: 4.8mg (24.02%), Vitamin B6: 0.44mg (21.98%), Fiber: 5.04g (20.18%), Calcium: 157.68mg (15.77%), Zinc: 2.31mg (15.41%), Vitamin B5: 0.78mg (7.76%), Selenium: 3.51µg (5.02%), Vitamin B12: 0.18µg (2.97%)