



WHATSheATE



HEALTH SCORE

60%

Vegan Lasagna II



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



3

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce pkt spinach frozen thawed drained
- ☐ 3 cloves garlic minced
- ☐ 2 teaspoons garlic salt
- ☐ 16 ounce lasagna noodles instant
- ☐ 0.5 pound mushrooms
- ☐ 2 tablespoons penzey's southwest seasoning italian-style
- ☐ 12 ounce spicy tofu soft
- ☐ 10.8 ounce tomato purée canned

☐ 1 tablespoon vegetable oil

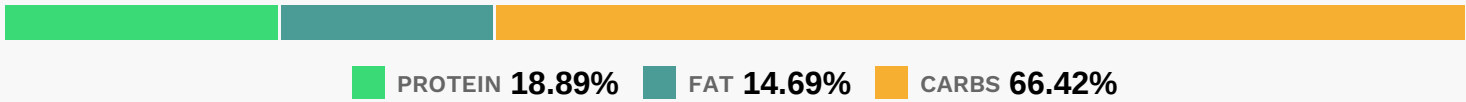
Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large skillet, saute garlic and mushrooms in oil until all the liquid is cooked out.
- ☐ Add 1/3 tomato puree to mushrooms and garlic, cook 2 to 3 minutes, and remove from heat.
- ☐ In a microwave-safe bowl, combine spinach, garlic salt, Italian seasoning and tofu. Blend until the mixture is an even consistency.
- ☐ Heat in a microwave on high for 2 minutes.
- ☐ In a 9x9 inch baking pan, pour one thin layer of remaining tomato puree, a layer of noodles, 1/2 the tofu mixture, the mushroom sauce, a layer of noodles, 1/2 the tofu mixture, a layer of tomato puree, a layer of noodles, and a final layer of tomato puree.
- ☐ Bake 45 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:48.59, Inflammation Score:-10, Nutrition Score:43.454347765964%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 786.12kcal (39.31%), Fat: 13.04g (20.07%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 132.65g (44.22%), Net Carbohydrates: 119.99g (43.63%), Sugar: 11.12g (12.36%), Cholesterol: 0mg (0%), Sodium: 1773.07mg (77.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.46%), Vitamin K: 386.18µg (367.79%), Vitamin A: 11356.26IU (227.13%), Selenium: 109.45µg (156.35%), Manganese: 2.49mg (124.68%), Copper: 1.03mg (51.53%), Fiber: 12.65g (50.61%), Folate: 198.29µg (49.57%), Magnesium: 187.92mg (46.98%), Iron: 8.1mg (45.02%), Phosphorus: 439.11mg (43.91%), Vitamin B2: 0.68mg (40%), Calcium: 391.83mg (39.18%), Vitamin B3: 7.2mg (35.98%), Potassium: 1256.54mg (35.9%), Vitamin E: 5.17mg (34.44%), Vitamin B6: 0.68mg (34.01%), Vitamin B1: 0.37mg (24.95%), Zinc: 3.46mg (23.05%), Vitamin B5: 2.2mg (22.03%), Vitamin C: 17.14mg (20.78%), Vitamin D: 0.15µg (1.01%)