



Vegan Pasta with Creamy Tomato Sauce



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



618 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups broccoli
- ☐ 3 servings ground pepper to taste
- ☐ 1.5 cup pasta sauce italian (I used Peggos Heart Smart Sauce)
- ☐ 0.5 cup silken tofu
- ☐ 2 cups penne pasta whole wheat uncooked

Equipment

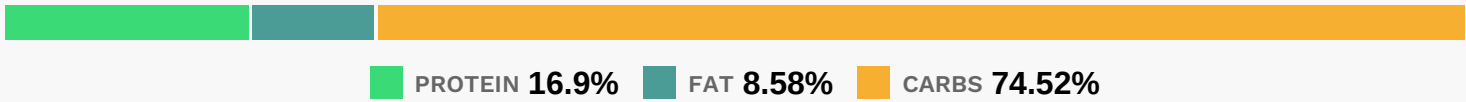
- ☐ food processor
- ☐ bowl

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook pasta as per package directions.
- ☐ Drain pasta, reserving 1/2–3/4 cup cooking water.Steam broccoli until tender, about 6–7 minutes.Puree the tofu in a food processor or blender, until smooth.In a medium saucepan combine tofu, pasta sauce and enough reserved pasta water to create a creamy sauce. Cook sauce over medium heat, stirring occasionally, until heated through. Do not boil.Season to taste with salt and pepper.
- ☐ Transfer pasta to serving bowl; add broccoli, and toss to mix.Top with sauce, and serve.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:22.084782517475%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 9.2mg, Kaempferol: 9.2mg, Kaempferol: 9.2mg, Kaempferol: 9.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 618.03kcal (30.9%), Fat: 5.81g (8.94%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 113.61g (37.87%), Net Carbohydrates: 97.3g (35.38%), Sugar: 10.19g (11.32%), Cholesterol: 0mg (0%), Sodium: 621.36mg (27.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.53%), Vitamin C: 113.24mg (137.26%), Vitamin K: 123.27µg (117.4%), Fiber: 16.31g (65.24%), Vitamin A: 1261.96IU (25.24%), Potassium: 806.9mg (23.05%), Folate: 84.96µg (21.24%), Manganese: 0.39mg (19.51%), Vitamin E: 2.68mg (17.87%), Vitamin B6: 0.33mg (16.5%), Copper: 0.28mg (14.07%), Vitamin B2: 0.23mg (13.7%), Magnesium: 54.62mg (13.66%), Phosphorus: 135.12mg (13.51%), Iron: 2.37mg (13.14%), Vitamin B5: 1.05mg (10.52%), Vitamin B3: 2.08mg (10.42%), Vitamin B1: 0.15mg (10.15%), Calcium: 84.96mg (8.5%), Zinc: 0.96mg (6.38%), Selenium: 3.67µg (5.25%)