



Vegetable Casserole with Tofu Topping

READY IN



45 min.

SERVINGS



6

CALORIES



1831 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups cabbage cored
- 0.5 lb carrots cut into 1/4-inch-thick matchsticks
- 2 teaspoons basil dried crumbled
- 1 garlic clove chopped
- 12 cups crossing over quintessential american desserts coarsely chopped
- 0.3 cup olive oil
- 2 medium onion halved lengthwise thinly sliced lengthwise
- 1.5 teaspoons oregano dried crumbled
- 1 teaspoon paprika

- 0.5 cup parmesan finely grated
- 0.3 teaspoon salt
- 2 tablespoons soya sauce
- 7 oz tofu firm
- 0.5 cup water
- 1.5 cups bread crumbs fresh whole wheat fine

Equipment

- food processor
- bowl
- frying pan
- oven
- baking pan
- potato masher
- glass baking pan

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Heat oil in a deep 12- to 14-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until softened and beginning to brown, about 5 minutes. Reduce heat to moderate and add cabbage, kale, carrots, water, soy sauce, and salt. (Skillet will be full, but volume will reduce as vegetables steam.) Cook, covered, stirring occasionally, until vegetables are just tender, 10 to 15 minutes.
- Transfer to a 13- by 9-inch glass baking dish.
- Pulse all topping ingredients together in a food processor until combined well. Alternatively, mash ingredients together in a large bowl with a potato masher.
- Sprinkle tofu mixture over vegetables in baking dish and bake, uncovered, until topping is golden brown and vegetables are heated through, 15 to 20 minutes.

Nutrition Facts



■ PROTEIN 18.77% ■ FAT 73.22% ■ CARBS 8.01%

Properties

Glycemic Index:37.47, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:47.516956899477%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 1831.19kcal (91.56%), Fat: 151.24g (232.68%), Saturated Fat: 63.08g (394.24%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 30.93g (11.25%), Sugar: 6.07g (6.75%), Cholesterol: 360.55mg (120.18%), Sodium: 999.52mg (43.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.22g (174.44%), Vitamin A: 6691.43IU (133.83%), Zinc: 18.77mg (125.13%), Vitamin B12: 7.43µg (123.9%), Selenium: 83.32µg (119.03%), Vitamin B6: 1.94mg (96.9%), Vitamin B3: 18.87mg (94.37%), Phosphorus: 672.91mg (67.29%), Vitamin B2: 1.09mg (64.25%), Iron: 11.25mg (62.5%), Vitamin K: 64.17µg (61.11%), Potassium: 1330.55mg (38.02%), Vitamin C: 27.6mg (33.45%), Vitamin B1: 0.44mg (29.01%), Magnesium: 104.95mg (26.24%), Fiber: 6.32g (25.29%), Calcium: 245.99mg (24.6%), Copper: 0.35mg (17.61%), Vitamin E: 2.3mg (15.32%), Manganese: 0.28mg (13.96%), Folate: 52.47µg (13.12%), Vitamin D: 0.99µg (6.59%), Vitamin B5: 0.33mg (3.26%)