

**Recipe Analysis:  
Vegan Butternut Squash and Spinach Lasagna**

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**NUTR 1018  
Tracy Jones  
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## *Menu Description:*

### Vegan Butternut Squash & Spinach Lasagna with Daiya Cheddar, Tofu 'Ricotta', and Smoked Paprika

#### RECIPE

Yield: 9"x13" lasagna / 8 portions

#### Ingredients:

454g extra firm tofu  
2tsp lemon juice  
1tbsp garlic powder  
2tsp dried basil  
300g spinach, chopped, frozen  
750g butternut squash, cubed, frozen  
½tsp smoked paprika, more for dusting  
1tsp ground sage  
¼tsp ground nutmeg  
¼tsp cayenne pepper  
227g vegan cheddar shreds  
255g / 12 pieces spinach lasagna noodles  
salt/pepper to taste

#### Method:

1. Make 'ricotta': remove excess moisture from tofu and then blend in food processor with lemon juice, garlic powder, basil, and a pinch of salt. Divide in half and reserve.
2. Defrost and drain spinach. Mix with half of the 'ricotta' and season with salt and pepper.
3. Cook squash in microwave for 5 minutes, drain well, and purée in food processor with nutmeg, sage, smoked paprika, cayenne pepper, black pepper, and salt. Mix with remaining 'ricotta'.
4. Boil lasagna noodles 5-7 minutes until partially cooked; rinse and drain.
5. Assemble lasagna: spread ⅓ of butternut squash mix on the bottom of a 9" x 13" casserole dish. Sprinkle with cheese shreds and top with three of the lasagna noodles. Spread half of the spinach mix on top of the noodles and sprinkle with more cheese shreds. Add another layer of noodles and then repeat the butternut squash layer, the noodles, another layer of spinach mix, the remaining noodles, and the final ⅓ of the squash mix. Sprinkle with cheese, dust with more smoked paprika, and bake at 350 C for 30 minutes.

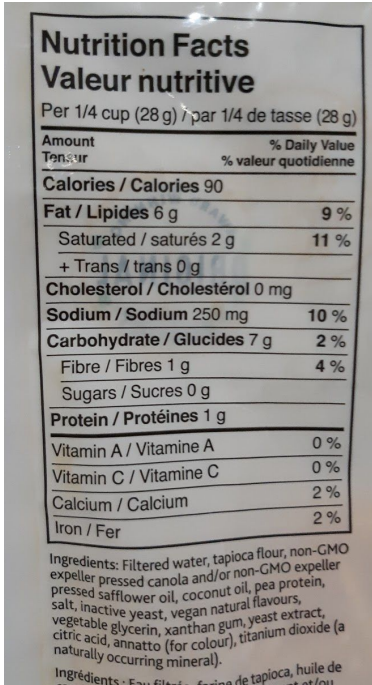
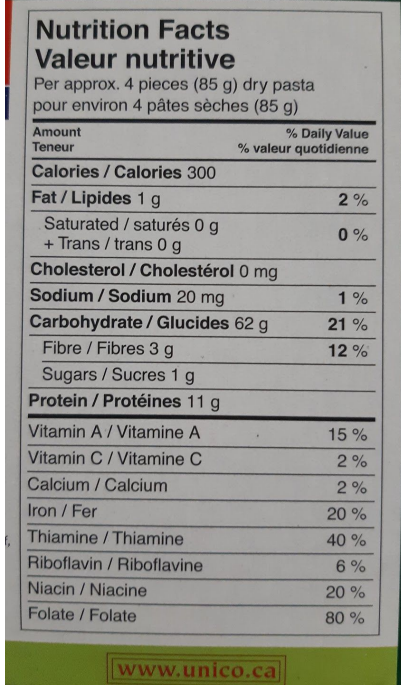
**Nutrient Analysis for Vegan Butternut Squash and Spinach Lasagna**

313 Calories per Serving (1/8th of Whole Lasagna)

<b>Nutrient</b>	<b>Amount</b>	<b>% of Recommended Daily Intake*</b>
Carbohydrates	47.65g	14% of 344g / 1375kcal
Proteins	16.43g	13% of 125g / 500kcal
Fats	10.89g	16% of 69g / 625kcal
Fibre	5.18g	17% of 30g
Sodium	297.93mg	20% of 1500mg
Potassium	446.76	10% of 4700mg
Calcium	202.6mg	20% of 1000mg
Iron	3.51mg	44% of 8mg
Vitamin A	858.28ug	95% of 900ug
Vitamin C	13.28mg	18% of 75mg
Vitamin D		0% of 15ug
Vitamin E	3.01mg	20% of 15mg
Thiamin	0.34mg	28 % of 1.2mg
Riboflavin	0.22mg	18% of 1.2mg
Niacin	5.5ug	18% of 30ug
Folate	209.93ug	53% of 400ug
Vitamin B6	0.25mg	19% of 1.3mg
Vitamin B12		0% of 2.4ug

\*based on 2500 calories per day (55% CHO; 20% PRO; 25% FAT)

**Nutrient Details for Whole Lasagna**

Daiya Cheddar Shreds	Unico Spinach Lasagna Noodles	All Other Ingredients (calculated through eaTracker.ca)																																																																				
<p>720 cals                      48g fat (16g saturated)                      2000mg sodium                      56g carbohydrates                      8g fibre                      8g protein                      160mg calcium                      1.28mg iron</p>  <p><b>Nutrition Facts</b>  <b>Valeur nutritive</b>                      Per 1/4 cup (28 g) / par 1/4 de tasse (28 g)</p> <table border="1"> <thead> <tr> <th>Amount / Teneur</th> <th>% Daily Value / % valeur quotidienne</th> </tr> </thead> <tbody> <tr> <td>Calories / Calories 90</td> <td></td> </tr> <tr> <td>Fat / Lipides 6 g</td> <td>9 %</td> </tr> <tr> <td>Saturated / saturés 2 g</td> <td>11 %</td> </tr> <tr> <td>+ Trans / trans 0 g</td> <td></td> </tr> <tr> <td>Cholesterol / Cholestérol 0 mg</td> <td></td> </tr> <tr> <td>Sodium / Sodium 250 mg</td> <td>10 %</td> </tr> <tr> <td>Carbohydrate / Glucides 7 g</td> <td>2 %</td> </tr> <tr> <td>Fibre / Fibres 1 g</td> <td>4 %</td> </tr> <tr> <td>Sugars / Sucres 0 g</td> <td></td> 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/ Vitamine A	0 %	Vitamin C / Vitamine C	0 %	Calcium / Calcium	2 %	Iron / Fer	2 %	<p>900 cals                      3g fat                      60mg sodium                      186g carbs                      9g fibre                      33g protein                      405mg Vitamin A                      4.5 Vitamin C                      60 calcium                      4.8 iron                      0.216 riboflavin                      18 niacin                      960 folate</p>  <p><b>Nutrition Facts</b>  <b>Valeur nutritive</b>                      Per approx. 4 pieces (85 g) dry pasta pour environ 4 pâtes sèches (85 g)</p> <table border="1"> <thead> <tr> <th>Amount / Teneur</th> <th>% Daily Value / % valeur quotidienne</th> </tr> </thead> <tbody> <tr> <td>Calories / Calories 300</td> <td></td> </tr> <tr> <td>Fat / Lipides 1 g</td> <td>2 %</td> </tr> <tr> <td>Saturated / saturés 0 g</td> <td></td> </tr> <tr> <td>+ Trans / trans 0 g</td> <td>0 %</td> </tr> <tr> <td>Cholesterol / 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Riboflavin (mg) 1.5                      Niacin (NE) 26.0                      Folate (DFE) 719.4                      Vitamin B6 (mg) 2.0                      Vitamin B12 (µg) 0.0</p>
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