

Tofu Broccoli Souffle

Yield: 25
Serving Size: 1
Portion Size: Approximately 5-6 oz
Recipe View: Public
Recipe ID: 2164
Status: Approved
Contributed By: YM YWHA INNOVATIVE SENIOR CENTER

Tags: > Breakfast > Entrée > Vegetable > Vegetarian > Good Source of Calcium > Good Source of Iron > Good Source of Vitamin A > Good Source of Vitamin C

Ingredients

>> 5 1/2 lb(s) broccoli, chopped
>> 6 oz(s) trans free margarine
>> 1 1/2 oz(s) all purpose flour
>> 1/3 tsp(s) white pepper
>> 3 lb(s) tofu
>> 9 eggs

Nutrition Facts

Serving Size 1 (Approximately 5-6 oz)

Amount Per Serving

Calories 128 Calories from Fat 72

% Daily Value *

Total Fat 8g 12%

Saturated Fat 2g 8%

Trans Fat 0g 0%

Cholesterol 67mg 22%

Sodium 131mg 5%

Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Sugar 1g

Protein 9g 17%

Vitamin A 27% • Calcium 24%

Vitamin C 84% • Iron 21%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Directions

>> 1. Preheat oven to 325°F.
>> 2. Cook broccoli until tender.
>> 3. Melt margarine. Add flour and seasoning. Stir until smooth.
>> 4. Beat eggs and add to mixture.
>> 5. Add tofu to mixture. Reserve a small amount for topping.
>> 6. Pour mixture into a baking pan and bake at 325°F for 1 hour or until souffle reaches an internal temperature of at least 145°F.