

Roasted Tofu and Vegetables

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/tofu-and-brussel-sprouts-recipe-indian-recipe-video>

Ingredients:

- 1 package tofu Mori-nu, extra firm or firm
- 1/2 head broccoli
- 1/2 head cauliflower
- 3 carrots large
- 3 parsnips cut in chunks
- 1/2 pound brussels sprouts
- olive oil
- sea salt
- ground black pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 34 grams
3. Fat: 5 grams
4. Fiber: 12 grams
5. Protein: 7 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 300 milligrams
8. Sugar: 11 grams

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