

Grilled Vegetable Lasagna for Two



Grilled Zucchini, Yellow Squash, Eggplant, and Portobello Mushrooms. Layered with Balsamic marinated Tofu, home made Tomato Sauce and a blend of Italian cheeses. This dish serves two people

\$14.00

Nutrition Facts

Serving Size 8g

Amount per serving

Calories 333 Calories from Fat 25 (0%)

% Daily Value *

Total Fat 9.0g 0%

Saturated Fat 4.0g 0%

Monosaturated Fat 3.0g

Polyunsaturated Fat 2.0g

Trans Fat 0.0g

Cholesterol 16.0g 5%

Sodium 766.0mg 31%

Potassium 734.0mg 20%

Total Carbohydrates 47.0g 15%

Dietary Fiber 5.0g 20%

Sugars 1.0g

Protein 16.0g 10%

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.