



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Tofu "Ricotta" and Celery

A vegan recipe that combines tofu and celery to create a delicious and healthy dish. This recipe is perfect for those following a plant-based diet or looking to incorporate more vegetables into their meals. The tofu "ricotta" adds a creamy texture and the celery adds a refreshing crunch. Enjoy this dish as a light lunch or as a side dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	tofu
200 g	celery
2 tsp	lemon juice
1 tbsp	olive oil
1 tsp	salt

1 tsp pepper

Directions

Step 1

Preparation

Drain and press the tofu to remove excess moisture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Crumble the tofu into a bowl and add lemon juice, olive oil, salt, and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the celery into thin strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

Add the sliced celery to the tofu mixture and toss to combine.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 9 g

Protein: 9 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Japanese Mediterranean Greek Spanish American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Sauces & Dressings

Meal Type

Brunch

Snack

Difficulty Level

Medium

Visit our website: healthdor.com