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Curry Scramble ♦♦

Curry Scramble is a vegan recipe that combines the flavors of curry with scrambled tofu. It is a popular breakfast dish in many vegan households. The tofu is seasoned with a blend of spices, including turmeric, cumin, and coriander, to give it a vibrant yellow color and a deliciously savory taste. The dish is typically served with toast or rice and can be enjoyed by vegans and non-vegans alike.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	tofu
2 tsp	curry powder
1 tsp	turmeric powder
1 tsp	cumin powder

1 tsp	coriander powder
1 medium	onion
2 cloves	garlic
1 medium	bell pepper
2 c	spinach
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Drain and press the tofu to remove excess water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Crumble the tofu into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Stove

Add chopped onion and minced garlic to the pan and sauté until translucent.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Stove

Add crumbled tofu to the pan and cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Stove

Add curry powder, turmeric powder, cumin powder, coriander powder, salt, and black pepper to the pan. Stir well to coat the tofu evenly with the spices.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Stove

Add chopped bell pepper and spinach to the pan and cook for another 2 minutes, until the vegetables are slightly softened.

Prep Time: 1 mins

Cook Time: 2 mins

Step 8

Remove from heat and serve hot with toast or rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Indian

Course

Salads

Snacks

Cultural

Chinese New Year

Diet

Zone Diet

Nutrisystem Diet

Nordic Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Gluten-Free Diet

The F-Plan Diet

The Air Diet

The Ice Cream Diet

The Subway Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Bulletproof Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Hard

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