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Kimchi Tofu Scramble Tacos ♦

Kimchi Tofu Scramble Tacos are a delicious and healthy vegan recipe. They are made with scrambled tofu, spicy kimchi, and wrapped in a soft tortilla. This recipe is a fusion of Korean and Mexican flavors, creating a unique and flavorful dish. It can be enjoyed for breakfast, brunch, or any meal of the day.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	extra firm tofu
200 g	Kimchi
320 g	Tortillas
2 tbsp	olive oil
1 tsp	salt

1 tsp	black pepper
1 tsp	cumin
1 tsp	paprika
1 tsp	garlic powder
1 tsp	onion powder
1 tsp	turmeric
20 g	Cilantro
20 g	Lime

Directions

Step 1

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: 5 mins

Cook Time: 5 mins

Step 3

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Stove

Add the crumbled tofu to the pan and cook for 3-4 minutes, stirring occasionally.

Prep Time: 1 mins

Cook Time: 4 mins

Step 5

Stove

Add salt, black pepper, cumin, paprika, garlic powder, and onion powder to the pan. Stir well to combine.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Stove

Add kimchi to the pan and cook for an additional 2-3 minutes.

Prep Time: 1 mins

Cook Time: 3 mins

Step 7

Oven

Warm the tortillas in a separate pan or in the oven.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Fill each tortilla with the tofu scramble mixture.

Prep Time: 1 mins

Cook Time: 0 mins

Step 9

Garnish with cilantro and squeeze lime juice over the tacos.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
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	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Korean

Mexican

Diet

Anti-Inflammatory Diet

Course

Salads

Snacks

Cultural

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Brunch

Snack

Lunch

Difficulty Level

Medium

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