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Tofu Scramble with Sweet Potato & Greens

Tofu Scramble with Sweet Potato & Greens is a delicious and nutritious vegan breakfast option. It combines protein-rich tofu with sweet potatoes and greens for a satisfying and healthy meal. This recipe is perfect for vegans and those looking for a plant-based breakfast option.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

300 g	tofu
200 g	sweet potato
100 g	greens (e.g., spinach, kale)
2 tbsp	olive oil

50 g	onion
2 cloves	garlic
1 tsp	turmeric
1 tsp	salt
0.5 tsp	black pepper
0.5 tsp	paprika

Directions

Step 1

Press tofu to remove excess water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat olive oil in a pan over medium heat. Add onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Crumble tofu into the pan and cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Add turmeric, salt, black pepper, and paprika to the pan. Stir to combine.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stove

Add sweet potato and cook for 5 minutes, or until tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Stove

Add greens and cook until wilted.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 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
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	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Ramadan

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Meal Type

Breakfast

Brunch

Lunch

Difficulty Level

Easy

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