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## Tofu Eggs <sup>♦♦</sup>

Tofu eggs are a vegan alternative to scrambled eggs. They are made using tofu as the main ingredient and are a great source of plant-based protein. The tofu is seasoned with spices and cooked until it resembles the texture of scrambled eggs. Tofu eggs can be enjoyed for breakfast, brunch, or any meal of the day.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>400 g</b>	tofu
<b>1 tsp</b>	turmeric
<b>1 tsp</b>	black salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

50 g	onion
50 g	bell pepper

## Directions

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### Step 1

Press the tofu to remove excess moisture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Crumble the tofu into small pieces.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Heat olive oil in a pan over medium heat.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Sautéing

Add onion and bell pepper to the pan and sauté until softened.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Cooking

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

**Prep Time:** 0 mins

**Cook Time:** 4 mins

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## Step 6

Stirring

Season with turmeric, black salt, and black pepper. Stir well to combine.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 7

Cooking

Cook for an additional 1-2 minutes until the tofu is heated through.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 8

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 5 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	5 g	9.09%	10%
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	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	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
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	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

**Seasonality**

Fall

**Kitchen Tools**

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

## Course

Appetizers

Side Dishes

Salads

Snacks

Sauces & Dressings

## Cooking Method

Steaming

Microwaving

Sautéing

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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