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Scrambled Egg with Tofu ♦

Scrambled Egg with Tofu is a delicious vegetarian recipe that combines the creaminess of tofu with the fluffiness of scrambled eggs. It is a healthy and protein-rich dish that can be enjoyed for breakfast or brunch. The tofu adds a unique texture and flavor to the traditional scrambled eggs, making it a satisfying and nutritious meal option.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	tofu
4 pieces	Eggs
1 teaspoon	salt
1 teaspoon	pepper

2
tablespoon

olive oil

2
tablespoon

Chives

Directions

Step 1

Drain and press the tofu to remove excess water. Crumble the tofu into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, whisk the eggs with salt and pepper.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Heat olive oil in a non-stick skillet over medium heat. Add the crumbled tofu and cook for 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Stove

Pour the whisked eggs into the skillet with the tofu. Stir gently and cook for another 3 minutes or until the eggs are fully cooked.

Prep Time: 1 mins

Cook Time: 3 mins

Step 5

Sprinkling

Sprinkle chopped chives on top for garnish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

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	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Sugar-Free

Kitchen Tools

Blender

Oven

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Medium

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