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## Scrambled Tofu on Toast

Scrambled tofu on toast is a delicious vegan breakfast option. It is made by crumbling tofu and cooking it with various spices and vegetables. The tofu mixture is then spread on toasted bread slices, creating a savory and satisfying meal.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

<b>300 g</b>	tofu
<b>2 tbsp</b>	olive oil
<b>1 medium</b>	onion
<b>1 medium</b>	bell pepper

<b>1</b> <b>teaspoon</b>	turmeric powder
<b>1</b> <b>teaspoon</b>	cumin powder
<b>0.5</b> <b>teaspoon</b>	salt
<b>0.5</b> <b>teaspoon</b>	black salt
<b>0.5</b> <b>teaspoon</b>	black pepper
<b>4 slices</b>	bread slices
<b>2 tbsp</b>	fresh parsley

## Directions

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### Step 1

Press the tofu to remove excess moisture. Crumble it into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

**Sautéing**

Heat olive oil in a pan over medium heat. Add chopped onion and bell pepper. Sauté until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

**Stirring**

Add crumbled tofu, turmeric powder, cumin powder, salt, black salt, and black pepper to the pan. Stir well to combine.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 4

**Cooking**

Cook the tofu mixture for another 5 minutes, until heated through.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 5

**Toasting**

Toast the bread slices until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 6

## Plating

Spread the scrambled tofu mixture on the toasted bread slices. Garnish with fresh parsley.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 8 g

**Protein:** 15 g

**Carbohydrates:** 15 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	15 g	27.27%	30%
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	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
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	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast Lunch Snack Brunch

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
 Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

**Course**

Appetizers

Main Dishes

Salads

Snacks

**Difficulty Level**

Medium

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