



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Tofu Tahini Scramble ♦♦

Tofu Tahini Scramble is a vegan recipe that is perfect for breakfast or brunch. It is a delicious and healthy alternative to traditional scrambled eggs. The tofu is seasoned with tahini, spices, and vegetables to create a flavorful and satisfying dish. It can be enjoyed on its own or served with toast or a side of greens.

**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>	tahini
<b>1 tsp</b>	Turmeric
<b>1 tsp</b>	Cumin
<b>1 tsp</b>	Paprika

<b>0.5 tsp</b>	Salt
<b>0.5 tsp</b>	Pepper
<b>1 tbsp</b>	olive oil
<b>1 medium</b>	onion
<b>1 medium</b>	Red Bell Pepper
<b>1 c</b>	spinach

## 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:** 2 mins

**Cook Time:** 0 mins

---

### Step 3

Mixing

In a bowl, mix together tahini, turmeric, cumin, paprika, salt, and pepper.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

---

## Step 4

Stove

Heat olive oil in a pan over medium heat.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

Sautéing

Add onion and red bell pepper to the pan and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

## Step 6

Sautéing

Add crumbled tofu and tahini mixture to the pan and cook for 5-7 minutes, stirring occasionally.

**Prep Time:** 2 mins

**Cook Time:** 7 mins

---

## Step 7

Sautéing

Add spinach to the pan and cook until wilted.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

---

## Step 8

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 20 g

**Carbohydrates:** 15 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	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	3 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	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring

Summer

## Events

Christmas

Picnic

## Cuisines

Japanese

Mediterranean

Middle Eastern

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

High Calcium

## Kitchen Tools

Blender

## Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

## Diet

Vegan Diet

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)