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# 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**

300 g	tofu
2 tbsp	tahini
1 tsp	Turmeric
1 tsp	Cumin
1 tsp	Paprika

0.5 tsp	Salt
0.5 tsp	Pepper
1 tbsp	olive oil
1 medium	onion
1 medium	Red Bell Pepper
1 c	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



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%

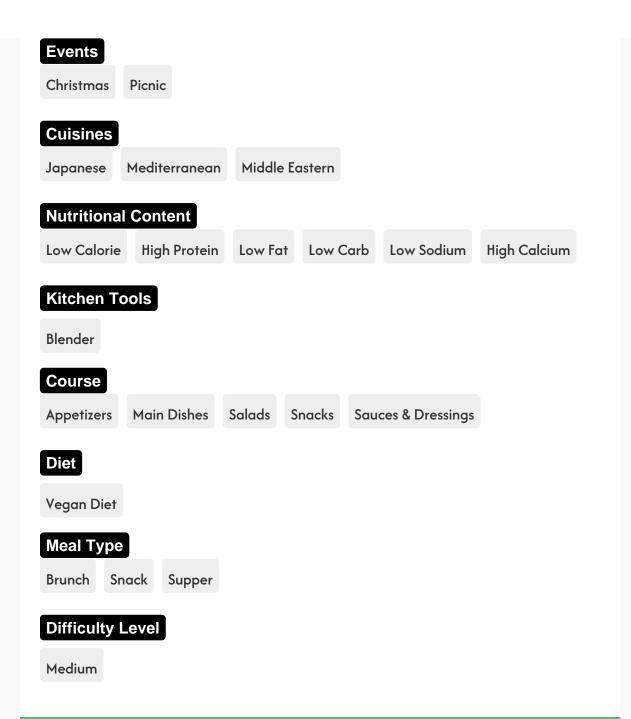
#### **Minerals**

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



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