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## Kale, Peppers, Tomatoes, and Cashew Scramble ♦♦

A delicious vegan scramble made with kale, peppers, tomatoes, and cashews. This scramble is packed with nutrients and is a great option for a healthy breakfast or brunch.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

200 g	kale
150 g	Peppers
200 g	Tomatoes
100 g	Cashews

# Directions

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## Step 1

Cut

Chop the kale, peppers, and tomatoes into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Sautéing

In a pan, sauté the chopped kale, peppers, and tomatoes until they are tender.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 3

Sautéing

Add the cashews to the pan and cook for an additional 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

## Serving

Serve the scramble hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 8 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Spring Summer

### Events

Barbecue Picnic

### Cuisines

American

### Course

Salads Snacks Sauces & Dressings

## Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Gerson Therapy

The Cabbage Soup Diet

The Beverly Hills Diet

The Israeli Army Diet

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Medium

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