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Tofu Spinach & Tomato Scramble

This tofu scramble is a delicious vegan alternative to scrambled eggs. It's packed with protein, vitamins, and minerals, and is perfect for a healthy breakfast or brunch. The tofu is seasoned with spices and cooked with spinach and tomatoes for a flavorful and nutritious meal.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

300 g	tofu
100 g	spinach
150 g	Tomatoes
1 tsp	salt
1 tsp	pepper

1 tsp turmeric

2 tbsp olive oil

Directions

Step 1

Drain and press tofu to remove excess moisture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Crumble tofu into a bowl and season with salt, pepper, and turmeric.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a skillet over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Add tofu to the skillet and cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Add spinach and tomatoes to the skillet and cook for another 5 minutes, until spinach is wilted and tomatoes are softened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
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	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer

Meal Type

Lunch Brunch Snack Supper

Course

Breads Snacks

Cultural

Chinese New Year

Diet

Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet Low Sodium Diet

The Fast Metabolism Diet Nutrient Timing Diet The Gerson Therapy

The Swiss Secret Diet The Scarsdale Diet The Werewolf Diet

The Negative Calorie Diet The Master Cleanse Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

Difficulty Level

Medium

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