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## Tofu Scramble Casserole ♦♦

A delicious and hearty vegan casserole made with tofu scramble, vegetables, and spices. Perfect for breakfast or brunch.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	tofu
200 g	Bell peppers
100 g	onion
100 g	spinach
2 tsp	turmeric
1 tsp	garlic powder

<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black salt
<b>2 tbsp</b>	nutritional yeast
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Sautéing

In a large skillet, heat olive oil over medium heat. Add onion and bell peppers, and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 3

#### Sautéing

Crumble tofu into the skillet and mix well with the vegetables. Add turmeric, garlic powder, salt, and black salt. Cook for another 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

Sautéing

Stir in spinach and nutritional yeast. Cook until spinach wilts.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 5

Oven

Transfer the tofu scramble mixture to a casserole dish. Bake in the preheated oven for 15 minutes.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 20 g

**Carbohydrates:** 12 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	12 g	21.82%	24%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	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	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	80 mcg	3333.33%	3333.33%
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	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	25 mg	0.74%	0.96%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Seasonality

Spring

### Meal Type

Breakfast

Lunch

Brunch

Supper

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Easter

### Cost

Under \$10

### Demographics

Teen Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

Raw Food Diet

The Gerson Therapy

The Scarsdale Diet

The F-Plan Diet

The Master Cleanse Diet

The Subway Diet

The Shangri-La Diet

## Difficulty Level

Medium

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