



Amazing Tofu Scramble

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup carrots minced
- 0.3 teaspoon ground cumin
- 0.5 teaspoon ground turmeric
- 0.5 cup onion diced
- 0.1 teaspoon sea salt to taste
- 0.3 cup mushroom caps fresh diced
- 12 ounce spicy tofu firm crumbled
- 2 teaspoons vegetable oil

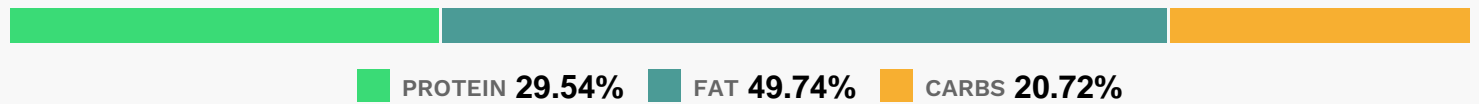
Equipment

frying pan

Directions

- Heat oil in a skillet over medium heat; saute onion until softened, about 2 minutes.
- Add carrot to onion and saute until slightly softened, about 2 more minutes.
- Add mushrooms to onion mixture and saute until mushrooms are slightly tender, about 2 more minutes.
- Stir tofu, turmeric, cumin, salt, and pepper into onion mixture; saute until tofu is cooked through, about 2 more minutes.

Nutrition Facts



Properties

Glycemic Index:65.42, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:8.1604348369267%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 217.53kcal (10.88%), Fat: 12.31g (18.93%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 8.21g (2.98%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 167.94mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.89%), Vitamin A: 2676.94IU (53.54%), Calcium: 231mg (23.1%), Iron: 2.66mg (14.8%), Fiber: 3.33g (13.31%), Vitamin K: 10.63µg (10.12%), Manganese: 0.19mg (9.37%), Vitamin B6: 0.16mg (8.15%), Vitamin B3: 1.34mg (6.68%), Potassium: 212.6mg (6.07%), Vitamin B5: 0.52mg (5.17%), Phosphorus: 51.43mg (5.14%), Vitamin C: 4.05mg (4.91%), Vitamin B2: 0.08mg (4.9%), Folate: 14.53µg (3.63%), Copper: 0.07mg (3.41%), Vitamin E: 0.51mg (3.37%), Magnesium: 13.45mg (3.36%), Zinc: 0.43mg (2.88%), Selenium: 1.86µg (2.66%), Vitamin B1: 0.04mg (2.37%)