



Oprah's Scrambled Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 3 cloves garlic peeled sliced
- ☐ 0.8 cup green onions sliced
- ☐ 2 Tbs olive oil
- ☐ 0.5 cup onion minced
- ☐ 3 Tbs bell pepper diced red
- ☐ 0.5 tsp salt
- ☐ 2 tsp soy sauce [use wheat-free tamari for gluten-free]

- ☐ 16 oz spicy tofu firm
- ☐ 0.5 tsp turmeric

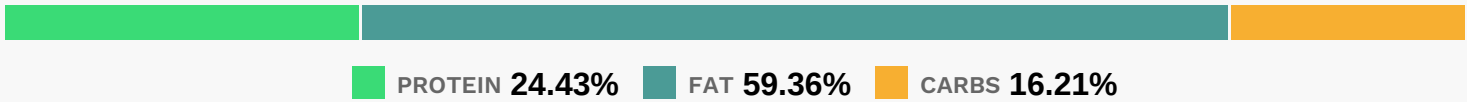
Equipment

- ☐ frying pan

Directions

- ☐ Drain and crumble tofu. In a medium frying pan, sauté garlic and diced pepper with olive oil on medium heat for about 2 minutes. Stir in the crumbled tofu first, then add remaining ingredients. Cook for 3 more minutes, stirring occasionally; serve with salsa and warm corn tortillas!

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:6.4191304678502%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 179.39kcal (8.97%), Fat: 12.11g (18.63%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 5.4g (1.96%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 467.53mg (20.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Vitamin K: 43.73µg (41.65%), Vitamin C: 14.71mg (17.83%), Calcium: 166.32mg (16.63%), Iron: 1.99mg (11.04%), Vitamin E: 1.24mg (8.25%), Fiber: 2.04g (8.17%), Vitamin A: 406.61IU (8.13%), Manganese: 0.15mg (7.72%), Folate: 19.74µg (4.94%), Vitamin B6: 0.09mg (4.75%), Potassium: 119.78mg (3.42%), Phosphorus: 22.83mg (2.28%), Magnesium: 9.1mg (2.28%), Vitamin B1: 0.03mg (2.01%), Vitamin B2: 0.03mg (2.01%), Copper: 0.04mg (1.94%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.18mg (1.19%)