



Ridiculously Easy Curry-Scrambled Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon curry powder good to taste (,)
- 14 ounces extra tofu dried crumbled cubed drained
- 2 cloves garlic minced pressed
- 0.5 bell pepper green chopped
- 0.1 teaspoon ground pepper red to taste (or)
- 8 ounces mushrooms trimmed sliced
- 1 tablespoon nutritional yeast
- 0.5 bell pepper red chopped

1 teaspoon salt to taste (or)

0.3 cup vegetable stock

Equipment

frying pan

spatula

Directions

Heat a non-stick skillet. Spray it lightly with pan spray if you wish and add the chopped peppers and mushrooms. Cook until they begin to soften, about 2 minutes.

Add the garlic and cook another minute or two until mushrooms have darkened in color. Stir in the tofu, sprinkle it with curry powder and ground red pepper, and pour the vegetable broth over it. Cook on medium-high, turning gently with a spatula, until most of the liquid is evaporated and tofu is hot and beginning to brown in places. Stir in salt to taste along with nutritional yeast and black salt, if using. Keep warm until ready to serve.

Nutrition Facts


■ PROTEIN 45.75% ■ FAT 22.75% ■ CARBS 31.5%

Properties

Glycemic Index:62, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:12.70434782816%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 114.28kcal (5.71%), Fat: 3.09g (4.75%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 7.06g (2.57%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 942.72mg (40.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.93%), Vitamin C: 43.68mg (52.95%), Copper: 0.53mg (26.69%), Vitamin B2: 0.38mg (22.13%), Phosphorus: 212.07mg (21.21%), Potassium: 590.84mg (16.88%), Vitamin B3: 3.37mg (16.87%), Vitamin A: 777.51IU (15.55%), Iron: 2.5mg (13.89%), Vitamin B1: 0.19mg (12.92%), Magnesium: 49.23mg (12.31%), Vitamin B5: 1.23mg (12.26%), Vitamin B6: 0.23mg (11.49%), Selenium: 7.46µg (10.65%), Fiber: 2.55g (10.21%), Zinc: 1.32mg (8.78%), Manganese: 0.15mg (7.38%), Folate: 25.13µg (6.28%), Calcium: 54.06mg

(5.41%), Vitamin E: 0.57mg (3.78%), Vitamin K: 3.21µg (3.05%), Vitamin D: 0.15µg (1.01%)