

Scrambled Tofu

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



83 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 14.5 ounce canned tomatoes diced with juice peeled canned
- 1 bunch green onions chopped
- 4 servings ground turmeric to taste
- 1 tablespoon olive oil
- 4 servings salt and pepper to taste
- 12 ounce silken tofu firm mashed drained

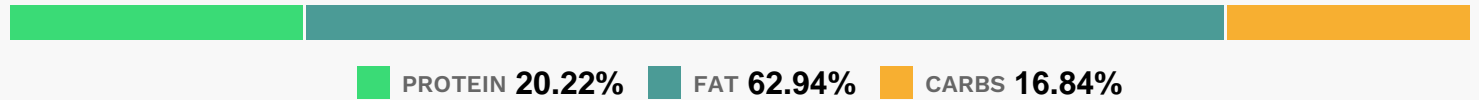
Equipment

- frying pan

Directions

- Heat olive oil in a medium skillet over medium heat, and saute green onions until tender. Stir in tomatoes with juice and mashed tofu. Season with salt, pepper, and turmeric. Reduce heat, and simmer until heated through.
- Sprinkle with Cheddar cheese to serve.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:3.5143478136996%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 83.18kcal (4.16%), Fat: 5.91g (9.09%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 199.45mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin K: 14.66µg (13.96%), Copper: 0.19mg (9.36%), Magnesium: 27.8mg (6.95%), Iron: 1.22mg (6.79%), Vitamin B1: 0.09mg (5.99%), Phosphorus: 57.63mg (5.76%), Potassium: 194.97mg (5.57%), Manganese: 0.09mg (4.42%), Vitamin E: 0.57mg (3.79%), Zinc: 0.51mg (3.4%), Calcium: 32.67mg (3.27%), Vitamin B2: 0.04mg (2.42%), Fiber: 0.45g (1.81%), Vitamin B3: 0.34mg (1.69%), Vitamin C: 1.39mg (1.68%), Vitamin B6: 0.03mg (1.55%), Vitamin A: 59.82IU (1.2%), Folate: 4.23µg (1.06%)