



HEALTH SCORE

100%

Simple Scrambled Tofu and Kale



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 12 ounces kale thinly sliced
- 8 ounces mushrooms sliced
- 0.3 cup nutritional yeast
- 1 bell pepper diced red
- 1 teaspoon salt to taste (or)
- 4 servings salt and pepper to taste

- 1.5 teaspoons paprika smoked (mild or spicy)
- 14 ounces spicy tofu firm crumbled
- 0.3 teaspoon turmeric

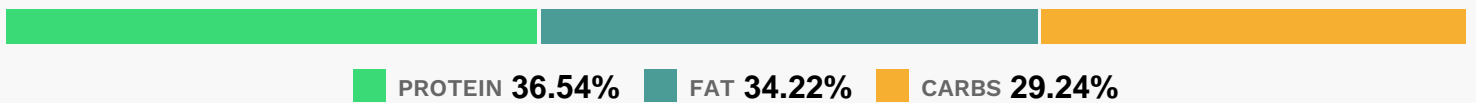
Equipment

- frying pan
- wok

Directions

- Heat a deep, non-stick skillet or wok over medium-high heat. When it's hot, add the red pepper and mushrooms and cook until the mushrooms begin to soften.
- Add the garlic and cook for another minute.
- Add the tofu and sprinkle it with the paprika, cumin, salt, and turmeric. Cook, stirring constantly, until the spices are fragrant and the tofu is hot throughout. Reduce the heat to medium.
- Add the kale and stir. If the mixture seems dry, add a tablespoon or two of water. Cover and steam, stirring every minute or so, until the kale softens, about 4 to 7 minutes, depending on how tender you like your kale. Stir in the nutritional yeast, check the seasonings, and add salt and freshly ground black pepper to taste. Cook for another minute or two until heated through.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:26.013912973197%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg, Isorhamnetin: 20.07mg Kaempferol: 39.81mg, Kaempferol: 39.81mg, Kaempferol: 39.81mg, Kaempferol: 39.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg

Nutrients (% of daily need)

Calories: 150.3kcal (7.52%), Fat: 6.26g (9.63%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 5.5g (2%), Sugar: 3.46g (3.84%), Cholesterol: 0mg (0%), Sodium: 829.88mg (36.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.07%), Vitamin K: 333.82µg (317.92%), Vitamin A: 9803.72IU (196.07%), Vitamin C: 119.25mg (144.55%), Calcium: 353.63mg (35.36%), Manganese: 0.69mg (34.29%), Vitamin B2: 0.56mg (33.01%), Fiber: 6.53g (26.13%), Iron: 3.7mg (20.57%), Folate: 76.57µg (19.14%), Potassium: 629.42mg (17.98%), Vitamin B3: 3.46mg (17.28%), Vitamin B6: 0.31mg (15.48%), Copper: 0.25mg (12.3%), Vitamin B1: 0.17mg (11.13%), Phosphorus: 110.75mg (11.08%), Vitamin B5: 1.05mg (10.48%), Magnesium: 40.54mg (10.14%), Selenium: 6.36µg (9.09%), Vitamin E: 1.28mg (8.51%), Zinc: 0.78mg (5.21%)