



Tofu Scramble



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 tsp cumin
- ☐ 1 tbsp dijon mustard
- ☐ 1 pound extra-firm tofu
- ☐ 1 tsp garlic powder
- ☐ 3 tbsp nutritional yeast
- ☐ 1 tsp onion powder
- ☐ 0.5 tsp salt
- ☐ 0.5 tsp turmeric

Equipment

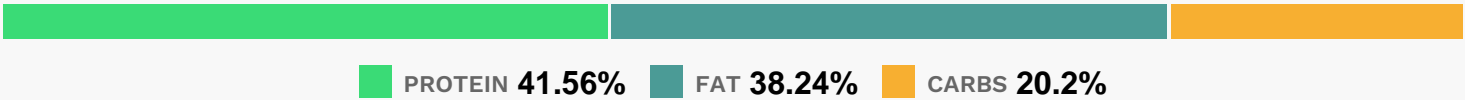
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Drain excess water off of tofu and place it in the center of a non-stick or greased skillet. Using a spatula, break tofu up into thick cubes. Cook over medium-high heat for 3-4 minutes, until the tofu releases its water.
- ☐ Add remaining ingredients, stirring to combine. Continue to cook and stir for another 5-10 minutes, breaking tofu chunks into smaller pieces so the consistency resembles scrambled eggs.
- ☐ Add a splash of non-dairy milk or lemon juice if the tofu starts to dry out or stick to the skillet. Once the tofu has the right consistency, is yellow in color and is thoroughly warm, add additional salt and pepper to taste and serve.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 80g
- ☐ Carbohydrate
- ☐ 70gDietary Fiber6.50gSugars2.20gProtein26.30g

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:4.7717391531105%

Nutrients (% of daily need)

Calories: 250.32kcal (12.52%), Fat: 10.89g (16.76%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 7.51g (2.73%), Sugar: 0.93g (1.04%), Cholesterol: 0mg (0%), Sodium: 675.8mg (29.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.28%), Calcium: 300.07mg (30.01%), Iron: 4.21mg (23.42%),

Fiber: 5.44g (21.76%), Potassium: 289.51mg (8.27%), Manganese: 0.12mg (6.16%), Selenium: 3.14µg (4.49%), Vitamin B6: 0.05mg (2.58%), Magnesium: 9.06mg (2.26%), Phosphorus: 22.35mg (2.24%), Vitamin B1: 0.03mg (2.03%), Copper: 0.03mg (1.45%), Zinc: 0.19mg (1.28%)