

Mexican Tofu Scramble

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-wheat-tortilla-recipe>

Ingredients:

- 1/2 red onion chopped
- 2 cloves garlic minced
- 1 red pepper diced
- extra firm tofu we used 1/2 package
- diced green chiles
- chili powder
- cumin
- cilantro chopped
- salt
- pepper
- whole wheat tortillas
- diced tomatoes
- avocado Diced
- salsa Fresh
- shredded cheese

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 2 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

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