

Garam Masala Tofu Scramble

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-indian-tofu-curry-recipe>

Ingredients:

- olive oil a splash of
- 1 pinch salt
- 1 1/2 teaspoons spice garam masala, blend
- 1 onion medium, halved and cut into thin slices
- 1/2 bulb fennel cut into very thin slices
- 1/4 cup dried cranberries chopped
- 12 ounces tofu extra firm organic, crumbled
- 1/4 cup chopped cilantro
- 1/3 cup pistachios chopped

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 9 grams
3. Fat: 14 grams
4. Fiber: 2 grams
5. Protein: 9 grams
6. SaturatedFat: 2 grams
7. Sodium: 80 milligrams
8. Sugar: 4 grams

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