

蔬菜炒豆腐早餐



營養成分

份量: 1

- 卡路里: 443
- 碳水化合物: 34.5 克
 - 纖維素: 16.6 克
 - 糖: 8.1 克
- 總脂肪: 22.4 克
- 蛋白質: 36.2
- 鈉: 572.8 毫克



豆腐：豆腐是蛋白質的優秀來源，富含所有九種主要的氨基酸。它也是鐵，鈣，礦物質錳，和磷的重要植物來源。除此之外，它還富含鎂、銅、鋅和維生素 B1。

蔬菜炒豆腐早餐

份量: 1

準備時長: 5分鐘 | 烹飪時長: 10 分鐘 | 總時長: 15 分鐘

食材:

- 3 盎司 - 硬豆腐, 壓碎
- 1 茶匙 - 菜籽油
- ¼ 個 - 中等大小白洋蔥, 切片
- 2 杯 - 菠菜
- 6 粒 - 提子或聖女番茄, 切半
- ¼ 個 - 中等大小的青燈籠椒, 切丁
- ½ 杯 - 蘑菇, 切丁
- ½ 茶匙 - 鹽
- ¼ 茶匙 - 蒜頭粉
- ¼ 茶匙 - 薑黃粉
- ⅛ 茶匙 - 黑胡椒粉
- 2 茶匙 - 營養酵母

與以下食物一起食用：

- 1 片 - 全麥麵包
- ½ 茶匙 - 無鹽牛油

步驟：

1. 將豆腐放在一個光滑的表面如砧板上，使用廚房紙輕柔地擠壓吸乾多餘的水分，將豆腐放在碗中備用。
2. 利用叉背壓碎豆腐放在一旁備用。
3. 在大的平底鍋或炒鍋中，用中火加熱食油。
4. 鍋熱後加洋蔥，將洋蔥炒至微微金黃和變軟。
5. 加入菠菜，番茄，燈籠椒，蘑菇以及豆腐。加入調味料和香料 - 蒜粉，薑黃粉，黑胡椒粉，營養酵母以及鹽進行翻炒。
6. 將調味料拌勻，蔬菜變軟後，就可以熄火裝盤。
7. 用沾了牛油的全麥麵包搭配炒豆腐蔬菜一起使用，就是一頓均衡營養的早餐，希望你喜歡！



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Tofu Breakfast Scramble with Veggies



Nutrition Facts

Servings: 1

- Calories: 443
- Carbohydrates: 34.5 g
 - Fiber: 16.6 g
 - Sugar: 8.1 g
- Total Fat: 22.4 g
- Protein: 36.2 g
- Sodium: 572.8 mg



Tofu: Tofu is a good source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron and calcium and the minerals manganese and phosphorus. In addition to this, it also contains magnesium, copper, zinc and vitamin B1.

Veggie Noodle Stir Fry with Tofu

Serving: 1

Prep Time: 5 mins | Cook Time: 10 mins | Total Time: 15 mins

Ingredients:

- 3 oz extra firm or firm tofu, crumbled
- 1 Tbsp canola oil
- ¼ medium white onion, diced
- 2 cups spinach
- 6 grape or cherry tomatoes, halved
- ¼ medium green bell pepper, diced
- ½ cup of mushrooms, diced
- ½ tsp salt
- ¼ tsp garlic powder
- ¼ tsp turmeric powder
- ⅛ tsp ground black pepper
- 2 Tbsp nutritional yeast

Serve with

- 1 slice of whole wheat toast
- ½ tsp of unsalted butter

Instructions:

1. Use a paper towel and gently press tofu against a smooth surface such as a cutting board, to remove excess water from tofu. Transfer to a bowl.
2. Using the back of a fork, mash tofu into crumbles. Set aside.
3. Heat oil on a large skillet or frying pan on medium heat.
4. Once the pan is heated, add onions. Cook until onions have slightly browned and are tender.
5. Add spinach, tomatoes, bell pepper, mushrooms, and tofu. Stir in the seasonings and spices - garlic powder, turmeric powder, black pepper, nutritional yeast, and salt.
6. Mix to combine seasonings. Once the vegetables are tender, turn off heat. Transfer to a plate.
7. Serve scrambled tofu and veggies with a slice of buttered whole wheat toast for a balanced breakfast. Enjoy!



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