



Barbecued Tempeh Sandwiches Smothered with Peppers and Onions



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 teaspoon chili powder
- ☐ 1.5 teaspoons cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 6 ounce hamburger buns
- ☐ 0.3 teaspoon hot sauce

- ☐ 0.3 cup catsup
- ☐ 0.3 teaspoon soya sauce low-sodium
- ☐ 1 bell pepper red cut in half
- ☐ 1 onion red cut into 1/2-inch-thick slices
- ☐ 8 ounce tempeh
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1 bell pepper yellow cut in half

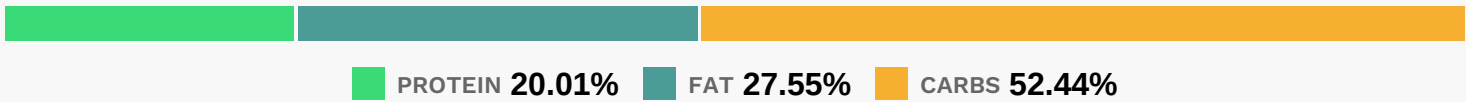
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 9 ingredients in a small bowl, stirring with a whisk.
- ☐ Cut tempeh in half lengthwise; cut slices in half.
- ☐ Brush tempeh slices, bell peppers, and onion with the ketchup mixture.
- ☐ Place on grill rack coated with cooking spray; grill 4 minutes on each side or until the tempeh is thoroughly heated.
- ☐ Remove the tempeh, bell peppers, and onion from grill.
- ☐ Cut bell peppers into 1/2-inch-wide strips; separate onions into rings.
- ☐ Place 1 tempeh slice on bottom half of each bun. Top each tempeh slice with one-fourth of bell peppers, one-fourth of onion, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:14.56, Inflammation Score:-9, Nutrition Score:19.529565189196%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 304.19kcal (15.21%), Fat: 9.74g (14.98%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 41.71g (13.9%), Net Carbohydrates: 39.41g (14.33%), Sugar: 12.73g (14.14%), Cholesterol: 0mg (0%), Sodium: 434.18mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.84%), Vitamin C: 96.51mg (116.98%), Manganese: 1.12mg (56.18%), Vitamin B2: 0.41mg (23.91%), Vitamin A: 1132.97IU (22.66%), Phosphorus: 225.51mg (22.55%), Copper: 0.43mg (21.73%), Vitamin B1: 0.32mg (21.25%), Vitamin B3: 4.18mg (20.91%), Folate: 82.35µg (20.59%), Iron: 3.47mg (19.26%), Vitamin B6: 0.36mg (18.24%), Selenium: 12.56µg (17.94%), Magnesium: 69.76mg (17.44%), Potassium: 521.81mg (14.91%), Calcium: 144.14mg (14.41%), Fiber: 2.3g (9.21%), Zinc: 1.19mg (7.93%), Vitamin E: 1.07mg (7.16%), Vitamin K: 7.48µg (7.13%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.13µg (2.17%)