



Barbeque Tempeh Sandwiches



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 1 bell pepper green seeded chopped
- ☐ 1 medium onion chopped
- ☐ 1 bell pepper red seeded chopped
- ☐ 4 kaiser rolls split toasted
- ☐ 8 ounce tempeh crumbled
- ☐ 1 tablespoon vegetable oil

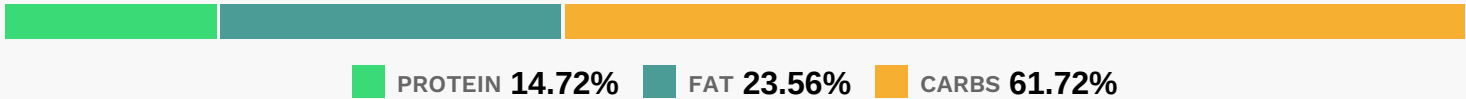
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.
- ☐ Heat oil in a skillet over medium heat.
- ☐ Add the red and green peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.
- ☐ Spoon the tempeh mixture onto kaiser rolls, and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:24.79, Inflammation Score:-8, Nutrition Score:17.886086717896%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 460.39kcal (23.02%), Fat: 12.34g (18.99%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 69.45g (25.25%), Sugar: 31.2g (34.67%), Cholesterol: 0mg (0%), Sodium: 1037.26mg (45.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.69%), Vitamin C: 64.46mg (78.14%), Iron: 12.93mg (71.81%), Manganese: 0.93mg (46.61%), Vitamin A: 1202.26IU (24.05%), Copper: 0.4mg (20.22%), Phosphorus: 186.78mg (18.68%), Vitamin B6: 0.36mg (18.09%), Vitamin B2: 0.28mg (16.71%), Magnesium: 64.52mg (16.13%), Potassium: 554.47mg (15.84%), Fiber: 3.31g (13.23%), Vitamin B3: 2.39mg (11.95%), Vitamin K: 11.31µg (10.77%), Calcium: 104.3mg (10.43%), Vitamin E: 1.44mg (9.57%), Folate: 36.92µg (9.23%), Vitamin B1: 0.11mg (7.09%), Zinc: 0.93mg (6.18%), Vitamin B5: 0.43mg (4.32%), Selenium: 1.1µg (1.57%)