




## Green Salad with Grilled Tempeh and Maple-Soy Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons apple cider vinegar
- 4 cups arugula trimmed
- 3 ounces baby spinach
- 1 teaspoon butter melted
- 1 teaspoon olive oil extravirgin
- 1 garlic clove finely chopped
- 0.3 cup green onions thinly sliced ( 2)

- 1 Dash ground pepper red
- 2.5 tablespoons soya sauce low-sodium divided
- 1.5 tablespoons maple syrup divided
- 0.3 teaspoon salt
- 8 ounces tempeh organic
- 0.5 cup bell pepper yellow thinly sliced ()

## Equipment

- bowl
- whisk
- grill
- grill pan

## Directions

- Lightly brush both sides of tempeh slices with butter; sprinkle with salt.
- Heat a grill pan over medium-high heat.
- Add tempeh slices in a single layer; cook 1 minute on each side or until tempeh begins to brown and grill marks appear.
- Remove from heat.
- Combine 1 tablespoon soy sauce and 1 tablespoon maple syrup; brush over both sides of tempeh while still warm.
- Let tempeh cool completely; cut slices into bite-sized pieces.
- Combine arugula, spinach, bell pepper, and onions in a large bowl.
- Combine the remaining 1 1/2 tablespoons soy sauce, remaining 1 1/2 teaspoons maple syrup, vinegar, oil, red pepper, and garlic in a small bowl; stir well with a whisk.
- Drizzle soy mixture over greens mixture; toss to coat.
- Place 2 cups salad on each of 4 plates; top each serving with 1/2 cup tempeh.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 27.87% ■ FAT 41.02% ■ CARBS 31.11%

## Properties

Glycemic Index:74.88, Glycemic Load:3.07, Inflammation Score:-9, Nutrition Score:20.420869529247%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 8.42mg, Kaempferol: 8.42mg, Kaempferol: 8.42mg, Kaempferol: 8.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 172.87kcal (8.64%), Fat: 8.44g (12.99%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 13.2g (4.8%), Sugar: 5.23g (5.81%), Cholesterol: 2.69mg (0.9%), Sodium: 543.26mg (23.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.81%), Vitamin K: 138.16µg (131.58%), Manganese: 1.27mg (63.54%), Vitamin C: 44.58mg (54.04%), Vitamin A: 2609.62IU (52.19%), Vitamin B2: 0.39mg (22.99%), Folate: 87.59µg (21.9%), Magnesium: 84.71mg (21.18%), Phosphorus: 197.14mg (19.71%), Copper: 0.39mg (19.67%), Potassium: 544.18mg (15.55%), Iron: 2.76mg (15.32%), Calcium: 136.03mg (13.6%), Vitamin B6: 0.24mg (11.95%), Vitamin B3: 2.04mg (10.19%), Zinc: 1.05mg (7.03%), Vitamin B1: 0.09mg (5.92%), Vitamin E: 0.77mg (5.16%), Fiber: 1.21g (4.84%), Vitamin B5: 0.33mg (3.33%)