



Grilled Marinated Tempeh Steak with Avocado, Radicchio, Orange Dressing, and Tahini



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado peeled cut into wedges
- ☐ 0.3 cup parsley fresh loosely packed coarsely chopped ()
- ☐ 1 clove garlic with back of knife crushed
- ☐ 0.5 teaspoon pepper white
- ☐ 3 tablespoons juice of lemon fresh (from 1 medium lemon)
- ☐ 4 servings olive oil (for brushing)
- ☐ 1 cup orange juice freshly squeezed (from 2 medium oranges)

- ☐ 2 drops orange extract
- ☐ 2 heads radicchio thinly with some core still attached to each piece cut into eighths through core,
- ☐ 1 teaspoon sea salt fine
- ☐ 0.5 cup tahini (Middle Eastern sesame paste)
- ☐ 16 ounce tempeh
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

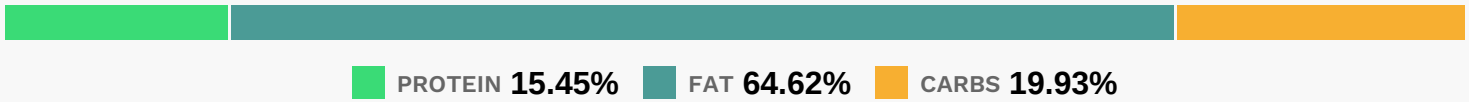
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ grill

Directions

- ☐ In blender on high, blend tahini and garlic until smooth, about 30 seconds. With motor running, add 1/2 cup water, lemon juice, olive oil, salt, and pepper and blend until incorporated, about 30 seconds. (Tahini sauce can be prepared ahead and refrigerated, in airtight container, up to 2 days. If sauce is too thick after storage, whisk in several drops of water to thin.)
- ☐ Reserve 1/2 cup tahini sauce for serving.
- ☐ Brush remainder in thick layer over both sides of tempeh pieces.
- ☐ Transfer to airtight container and refrigerate at least 4 hours and up to 8 hours.
- ☐ In a 2-quart pot over moderately high heat, bring orange juice to a boil. Lower heat to moderate and simmer, uncovered, until reduced by half, 6 to 8 minutes.
- ☐ Transfer to large bowl and let cool to room temperature, about 15 minutes.
- ☐ Whisk in vinegar, then gradually whisk in olive oil, orange oil, salt, and pepper. (Dressing can be prepared ahead and refrigerated, in airtight container, up to 2 days.
- ☐ Whisk to reemulsify before using.)

- ☐ If using charcoal grill, open vents on bottom, then light charcoal and preheat grill to moderately high. If using gas grill, preheat burners on high with hood closed 10 minutes, then turn down to moderately high.
- ☐ Brush grill rack with oil.
- ☐ Grill tempeh, turning once, until golden brown, about 3 minutes per side. Grill radicchio, turning once, until beginning to wilt, about 2 minutes per side.
- ☐ Cut each piece of tempeh into 4 slices. In large bowl, toss together radicchio, parsley, and orange dressing. Divide salad among 4 plates and top with tempeh and avocado slices.
- ☐ Drizzle with lemon juice and reserved tahini sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:5.73, Inflammation Score:-9, Nutrition Score:41.910435210104%

Flavonoids

Cyanidin: 178.12mg, Cyanidin: 178.12mg, Cyanidin: 178.12mg, Cyanidin: 178.12mg Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg, Hesperetin: 9.04mg Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg, Naringenin: 1.48mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 53.23mg, Luteolin: 53.23mg, Luteolin: 53.23mg, Luteolin: 53.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 44.33mg, Quercetin: 44.33mg, Quercetin: 44.33mg, Quercetin: 44.33mg

Nutrients (% of daily need)

Calories: 748.94kcal (37.45%), Fat: 57.46g (88.4%), Saturated Fat: 8.93g (55.8%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 30.09g (10.94%), Sugar: 7.03g (7.82%), Cholesterol: 0mg (0%), Sodium: 644.06mg (28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Vitamin K: 448.11µg (426.77%), Manganese: 1.86mg (92.8%), Copper: 1.83mg (91.36%), Vitamin C: 63.19mg (76.6%), Phosphorus: 663mg (66.3%), Folate: 248.62µg (62.15%), Vitamin E: 7.33mg (48.87%), Potassium: 1679.32mg (47.98%), Vitamin B1: 0.72mg (47.9%), Magnesium: 177.95mg (44.49%), Fiber: 9.77g (39.06%), Vitamin B2: 0.64mg (37.47%), Vitamin B3: 7.1mg (35.52%), Iron: 6.29mg (34.92%), Vitamin B6: 0.67mg (33.49%), Zinc: 4.28mg (28.55%), Vitamin B5: 2.24mg (22.4%), Calcium:

222.7mg (22.27%), Selenium: 12.17µg (17.39%), Vitamin A: 645.27IU (12.91%), Vitamin B12: 0.09µg (1.51%)