



Grilled Tempeh Burgers



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 1 Dash ground pepper red
- ☐ 4 whole-grain hamburger buns
- ☐ 2 tablespoons catsup
- ☐ 4 leaf lettuce leaves
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons spicy brown mustard

- ☐ 16 ounce soy tempeh
- ☐ 4 slices tomatoes (1/)
- ☐ 2 teaspoons vegetable oil
- ☐ 4 slices vidalia sweet (1/)
- ☐ 0.8 cup water

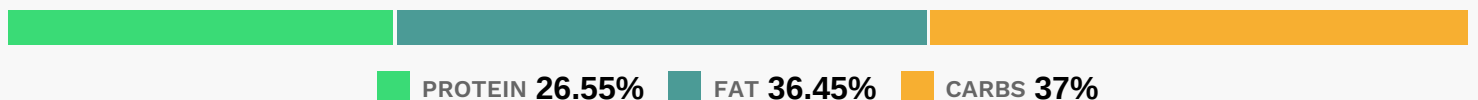
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Split tempeh in half horizontally with a sharp knife; cut each piece in half crosswise.
- ☐ Place tempeh in a heavy-duty zip-top plastic bag.
- ☐ Combine water and next 5 ingredients (water through garlic) in a small saucepan; bring to a boil.
- ☐ Pour over tempeh; seal bag. Marinate in refrigerator 3 hours to overnight.
- ☐ Prepare grill.
- ☐ Place buns, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Remove tempeh from marinade, reserving marinade.
- ☐ Place tempeh on grill rack coated with cooking spray; grill 2 minutes on each side or until lightly browned, basting frequently with reserved marinade.
- ☐ Spread 1 1/2 teaspoons ketchup and 1 1/2 teaspoons mustard evenly over each bun top.
- ☐ Place 1 lettuce leaf on bottom half of each bun; top with 2 tempeh pieces, 1 tomato slice, 1 onion slice, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:14.86, Inflammation Score:-7, Nutrition Score:20.143478403921%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 388.8kcal (19.44%), Fat: 16.55g (25.47%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 36.11g (13.13%), Sugar: 6.34g (7.04%), Cholesterol: 0mg (0%), Sodium: 810.32mg (35.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.25%), Manganese: 1.86mg (93.01%), Phosphorus: 386.98mg (38.7%), Copper: 0.73mg (36.7%), Vitamin B2: 0.59mg (34.71%), Magnesium: 119.84mg (29.96%), Iron: 4.98mg (27.67%), Vitamin B3: 5.27mg (26.36%), Vitamin B1: 0.36mg (24.01%), Selenium: 14.55µg (20.78%), Calcium: 205.91mg (20.59%), Folate: 81.87µg (20.47%), Potassium: 682.4mg (19.5%), Vitamin B6: 0.36mg (17.93%), Zinc: 1.84mg (12.29%), Vitamin K: 8.75µg (8.33%), Vitamin A: 353.79IU (7.08%), Vitamin C: 5.73mg (6.94%), Fiber: 1.7g (6.78%), Vitamin E: 0.65mg (4.31%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.18µg (2.95%)