



Grilled Tempeh Skewers



Vegetarian



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 button mushrooms
- ☐ 1 tablespoon canola oil
- ☐ 16 cherry tomatoes
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 tablespoons green onions diagonally sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons honey

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 5 teaspoons rice vinegar divided
- ☐ 8 ounce soy tempeh organic cut into 16 pieces
- ☐ 1 large bell pepper yellow cut into 16 pieces
- ☐ 2 teaspoons sambal oelek fresh (ground chile paste)

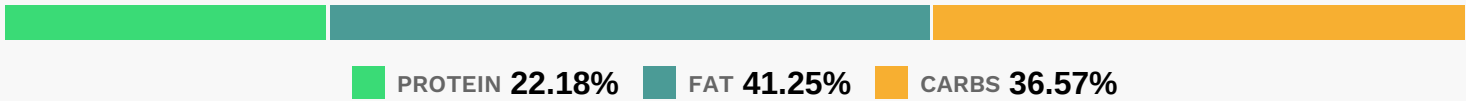
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine 1 tablespoon vinegar and next 4 ingredients (through black pepper) in a small zip-top plastic bag; add tempeh. Marinate in refrigerator 2 hours, turning occasionally.
- ☐ Combine remaining 2 teaspoons vinegar, honey, juice, canola oil, salt, and red pepper in a small saucepan. Bring to a boil over medium-high heat; cook 2 minutes or until honey mixture is slightly thickened.
- ☐ Preheat grill to high heat.
- ☐ Thread tempeh, tomatoes, mushrooms, and bell pepper alternately onto each of 8 (6-inch) skewers.
- ☐ Place skewers on grill; grill 10 minutes or until browned, turning after 5 minutes and basting occasionally with half of honey mixture.
- ☐ Drizzle with remaining honey mixture; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:61.32, Glycemic Load:5.96, Inflammation Score:-7, Nutrition Score:19.445217334706%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 241.72kcal (12.09%), Fat: 12.11g (18.64%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 22.25g (8.09%), Sugar: 12.35g (13.72%), Cholesterol: 0mg (0%), Sodium: 453.92mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Vitamin C: 105.83mg (128.27%), Manganese: 0.95mg (47.67%), Copper: 0.69mg (34.43%), Vitamin B2: 0.57mg (33.58%), Vitamin B3: 5.29mg (26.46%), Phosphorus: 260.97mg (26.1%), Potassium: 783.77mg (22.39%), Vitamin B6: 0.36mg (17.82%), Magnesium: 69.68mg (17.42%), Iron: 2.8mg (15.54%), Vitamin B5: 1.55mg (15.54%), Folate: 53.12µg (13.28%), Selenium: 8.12µg (11.6%), Vitamin K: 11.21µg (10.68%), Vitamin B1: 0.15mg (10.28%), Vitamin A: 490.85IU (9.82%), Zinc: 1.32mg (8.78%), Calcium: 84.67mg (8.47%), Fiber: 1.91g (7.65%), Vitamin E: 1.1mg (7.37%), Vitamin B12: 0.08µg (1.29%), Vitamin D: 0.16µg (1.07%)