

Seitan Flares



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings ground pepper (the more, the hotter!)
- ☐ 0.3 cup sauce red hot your favorite
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 3 tablespoons maple syrup pure
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 pound seitan cut into chunks large enough to fit loosely on the grill grate, or skewered

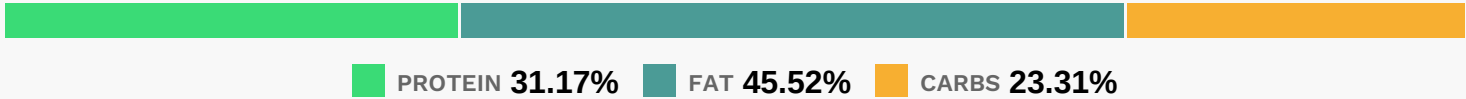
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ microwave

Directions

- ☐ Heat the grill to medium-high.
- ☐ Prepare the seitan: Marinate the seitan in the olive oil to cover for 1 hour. Grill the seitan until lightly browned, 3 to 5 minutes or longer, turning often.
- ☐ Transfer to a bowl.
- ☐ Meanwhile, make the sauce, if using: In a glass measure, whisk together the hot sauce, maple syrup, lime juice, salt, and cayenne pepper to taste. Microwave the mixture for 1 minute or until fairly hot, or whisk the mixture together in a small saucepan and place it over direct heat on the grill until it is hot, 4 to 5 minutes, or longer depending on the grill.
- ☐ Add the mixture to the seitan bowl and stir gently to combine, or coat the seitan if it is skewered. Finish with the optional oregano.
- ☐ Serve with extra sauce and celery sticks.
- ☐ From the book Grilling Vegan Style: 125 Fired-Up Recipes to Turn Every Bite into a Backyard BBQ by John Schlimm. Reprinted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright © 2012.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:7.1121738928816%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 301.23kcal (15.06%), Fat: 15.8g (24.31%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 15.18g (5.52%), Sugar: 9.55g (10.61%), Cholesterol: 0mg (0%), Sodium: 1260.63mg (54.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Manganese: 0.51mg (25.66%), Vitamin K: 25.67µg (24.44%), Vitamin E: 3.1mg (20.68%), Vitamin A: 882.29IU (17.65%), Iron: 2.62mg (14.53%), Vitamin B2: 0.22mg (13.2%), Fiber: 3.03g (12.11%), Vitamin C: 6.12mg (7.42%), Calcium: 61.67mg (6.17%), Vitamin B6: 0.08mg (4.04%), Magnesium: 14.16mg (3.54%), Potassium: 123.43mg (3.53%), Folate: 9.56µg (2.39%), Vitamin B1: 0.02mg (1.64%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.23mg (1.56%), Copper: 0.03mg (1.38%), Phosphorus: 11.68mg (1.17%)