



Spicy Asparagus-Tempeh Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound asparagus spears
- ☐ 3 cups brown rice hot instant cooked
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons sesame oil divided
- ☐ 6 ounce mushroom caps sliced

- ☐ 8 ounce multigrain tempeh white thinly sliced such as Wave Five-Grain
- ☐ 0.8 cup vegetable broth

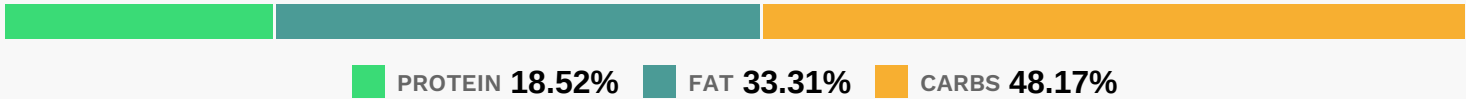
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Snap off tough ends of asparagus.
- ☐ Cut spears diagonally into 2-inch pieces. Set aside.
- ☐ Combine vegetable broth, soy sauce, and cornstarch in a small bowl; stir with a whisk until smooth. Set aside.
- ☐ Heat 1 tablespoon sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add tempeh, and stir-fry 4 to 5 minutes or until golden.
- ☐ Remove tempeh from pan; set aside.
- ☐ Heat remaining 1 tablespoon sesame oil in same pan.
- ☐ Add garlic, red pepper, asparagus, and mushrooms to pan, and stir-fry 3 minutes or until asparagus is crisp-tender.
- ☐ Add broth mixture; bring to a boil, and cook 2 to 3 minutes or until thickened.
- ☐ Add tempeh, and cook 1 minute or until thoroughly heated.
- ☐ Serve over brown rice.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:21.181739169618%

Flavonoids

Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 367.84kcal (18.39%), Fat: 14.15g (21.77%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 42.2g (15.34%), Sugar: 3.11g (3.46%), Cholesterol: 0mg (0%), Sodium: 770.28mg (33.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.41%), Manganese: 1.52mg (75.81%), Folate: 157.16µg (39.29%), Vitamin K: 36.65µg (34.9%), Iron: 6.03mg (33.5%), Phosphorus: 320.39mg (32.04%), Vitamin B3: 6.36mg (31.79%), Copper: 0.6mg (30.21%), Vitamin B2: 0.47mg (27.59%), Vitamin B6: 0.45mg (22.69%), Magnesium: 84.67mg (21.17%), Vitamin B1: 0.28mg (18.54%), Potassium: 618.84mg (17.68%), Vitamin A: 811.22IU (16.22%), Selenium: 10.9µg (15.58%), Zinc: 2.32mg (15.48%), Fiber: 3.86g (15.45%), Vitamin B5: 1.17mg (11.69%), Calcium: 105.15mg (10.52%), Vitamin E: 1.23mg (8.23%), Vitamin C: 5.7mg (6.91%), Vitamin D: 0.17µg (1.13%)