



Tempeh and Broccolini Stir-Fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound broccolini
- ☐ 5 teaspoons canola oil divided
- ☐ 2.7 cups rice long-grain white hot cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons roasted peanuts unsalted chopped
- ☐ 6 tablespoons spring onion divided chopped
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 teaspoons honey

- ☐ 3 tablespoons soy sauce
- ☐ 4.5 tablespoons rice vinegar
- ☐ 1 cup snow peas
- ☐ 8 ounce tempeh organic cut into 1/2-inch cubes

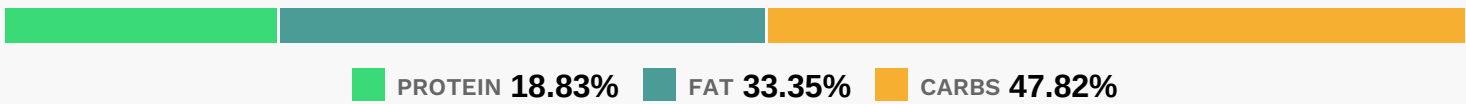
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook Broccolini in boiling water for 2 minutes or until crisp-tender.
- ☐ Drain and plunge Broccolini into ice water; drain. Squeeze dry.
- ☐ Cut into 1-inch pieces.
- ☐ Combine 3 tablespoons green onions and the next 5 ingredients (through red pepper) in a bowl.
- ☐ Heat a large, heavy skillet or wok over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add tempeh; stir-fry for 5 minutes or until golden brown on all sides.
- ☐ Remove tempeh from pan; keep warm.
- ☐ Add remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Add Broccolini and snow peas; stir-fry 2 minutes, stirring occasionally.
- ☐ Add tempeh and vinegar mixture to pan; bring to a boil. Divide rice evenly among 4 bowls; top with tempeh mixture.
- ☐ Sprinkle with remaining 3 tablespoons green onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:64.57, Glycemic Load:34.33, Inflammation Score:-8, Nutrition Score:20.038695573807%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 409.18kcal (20.46%), Fat: 15.49g (23.83%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 49.97g (16.66%), Net Carbohydrates: 46.98g (17.08%), Sugar: 7.71g (8.56%), Cholesterol: 0.24mg (0.08%), Sodium: 621.88mg (27.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.35%), Vitamin C: 68.47mg (82.99%), Manganese: 1.57mg (78.55%), Vitamin A: 1394.16IU (27.88%), Vitamin K: 28.49µg (27.14%), Phosphorus: 265.65mg (26.56%), Copper: 0.49mg (24.32%), Magnesium: 89.48mg (22.37%), Iron: 3.32mg (18.45%), Vitamin B2: 0.3mg (17.56%), Vitamin B3: 3.48mg (17.41%), Vitamin B6: 0.31mg (15.57%), Calcium: 145.87mg (14.59%), Potassium: 458.88mg (13.11%), Selenium: 9.04µg (12.91%), Folate: 49.49µg (12.37%), Fiber: 2.99g (11.95%), Zinc: 1.55mg (10.33%), Vitamin B5: 0.91mg (9.11%), Vitamin B1: 0.14mg (9.08%), Vitamin E: 1.18mg (7.88%)