



WHATSheATE



HEALTH SCORE

100%

Tempeh and Green Bean Stir-Fry with Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup bell pepper red (2-inch)



1 tablespoon brown sugar



2 teaspoons brown sugar



2 cups carrots thinly sliced



4 garlic clove chopped



1 pound green beans trimmed



0.8 cup spring onion divided thinly sliced

- ☐ 1 teaspoon soy sauce
- ☐ 5 teaspoons soy sauce
- ☐ 6 ounces mung bean sprouts
- ☐ 3 tablespoons peanut butter natural-style (such as Smucker's)
- ☐ 1 tablespoon sesame oil divided
- ☐ 1 teaspoon sriracha
- ☐ 1 teaspoon sriracha such as huy fong) hot
- ☐ 8 ounce tempeh organic cut into 1/3-inch strips
- ☐ 0.3 cup water
- ☐ 0.5 cup water

Equipment

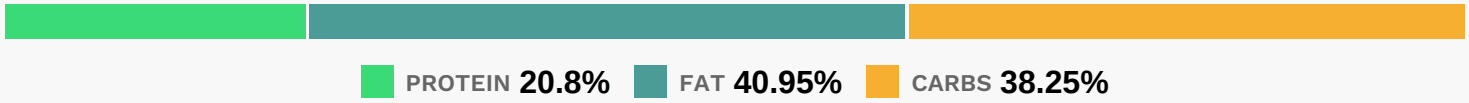
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare peanut sauce, combine 1/4 cup water, 1 tablespoon brown sugar, 3 tablespoons peanut butter, 1 teaspoon Sriracha, and 1 teaspoon soy sauce in a medium bowl, stirring well with a whisk. Set aside.
- ☐ To prepare stir-fry, combine 2 teaspoons sugar, 5 teaspoons soy sauce, 1 teaspoon Sriracha, and garlic in a small bowl, stirring with a whisk.
- ☐ Heat a large heavy skillet over medium-high heat.
- ☐ Add 1 tablespoon sesame oil to pan, swirling to coat.
- ☐ Add tempeh and half of soy sauce mixture; stir-fry for 5 minutes or until tempeh is golden brown.
- ☐ Remove tempeh mixture from pan, and keep warm.
- ☐ Add remaining 2 teaspoons oil to pan, swirling to coat.
- ☐ Add carrot, bell pepper, and green beans to pan; stir-fry 3 minutes.

- ☐ Add 1/2 cup water; reduce heat to medium. Cover and simmer for 5 minutes or until beans are crisp-tender. Stir in remaining half of soy sauce mixture, tempeh mixture, half of onions, and bean sprouts; cook for 2 minutes or until sprouts are tender.
- ☐ Serve with peanut sauce and remaining half of onions.
- ☐ Wine Match: Hogue Late Harvest Riesling (\$1
- ☐ has a seductive touch of sweetness from dense peach and apricot notes to balance the spicy Sriracha. At the same time, its tangy acidity cuts through the rich flavors of peanut butter and sesame oil. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:53.96, Glycemic Load:6.38, Inflammation Score:-10, Nutrition Score:32.309130647908%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 329.81kcal (16.49%), Fat: 16.43g (25.27%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 26.95g (9.8%), Sugar: 16.69g (18.55%), Cholesterol: 0mg (0%), Sodium: 441.58mg (19.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.55%), Vitamin A: 12839.96IU (256.8%), Vitamin K: 112.49µg (107.13%), Vitamin C: 76.86mg (93.16%), Manganese: 1.49mg (74.36%), Folate: 132.14µg (33.04%), Vitamin B6: 0.63mg (31.75%), Magnesium: 126.3mg (31.58%), Phosphorus: 314.04mg (31.4%), Fiber: 7.59g (30.35%), Vitamin B2: 0.5mg (29.61%), Copper: 0.59mg (29.46%), Potassium: 987.02mg (28.2%), Vitamin B3: 5.45mg (27.27%), Iron: 4.12mg (22.89%), Vitamin E: 2.8mg (18.66%), Vitamin B1: 0.27mg (18.13%), Calcium: 166.85mg (16.68%), Zinc: 1.82mg (12.13%), Vitamin B5: 1.06mg (10.59%), Selenium: 2.16µg (3.09%)