



## Tempeh Cashew Noodles

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



651 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cup cashew pieces
- 8 ounces tempeh cut in small chunks
- 0.5 medium onion chopped
- 2 tablespoons olive oil
- 3 garlic clove
- 4 tablespoons bragg liquid aminos
- 3 tablespoons rice vinegar
- 1 teaspoon sugar

- 1 tablespoon sesame oil toasted
- 1 tablespoon chili paste depending on your taste pref to taste (such as sriracha)
- 1 small zucchini thinly sliced
- 8.9 ounce udon noodles
- 1 cup peas frozen

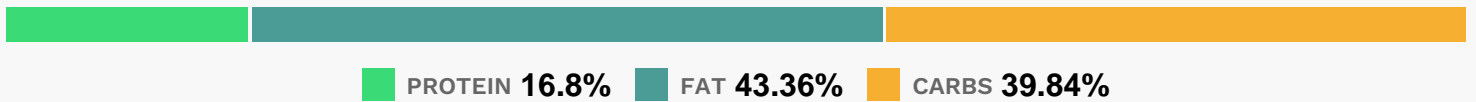
## Equipment

- blender

## Directions

- Fry tempeh, zucchini, and onion in olive oil until the onion is soft and slightly brown.
- Boil water for noodles.
- Cook noodles according to package directions.
- minutes before noodles are done, add frozen peas.
- Rinse pasta and peas when done.
- In a blender, combine 3/4 cup cashews, garlic, soy sauce/braggs amino, vinegar, sugar, sesame oil, chili.
- Blend until smooth, and add to tempeh, zucchini-onion mixture.
- Pour cashew mixture over noodles, stir to combine, garnish with remaining cashews, and serve.

## Nutrition Facts



## Properties

Glycemic Index:83.49, Glycemic Load:27.96, Inflammation Score:-7, Nutrition Score:21.248260869565%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

## **Nutrients (% of daily need)**

Calories: 651kcal (32.55%), Fat: 32.74g (50.37%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 60.52g (22.01%), Sugar: 12.39g (13.77%), Cholesterol: 0mg (0%), Sodium: 770.07mg (33.48%), Protein: 28.54g (57.08%), Manganese: 1.53mg (76.68%), Copper: 1.12mg (56.15%), Phosphorus: 402.41mg (40.24%), Magnesium: 159.91mg (39.98%), Fiber: 7.19g (28.74%), Vitamin C: 22.3mg (27.03%), Vitamin K: 26.09µg (24.84%), Iron: 4.47mg (24.83%), Vitamin B6: 0.42mg (20.83%), Zinc: 3.11mg (20.74%), Vitamin B1: 0.3mg (20.32%), Potassium: 656.12mg (18.75%), Vitamin B2: 0.31mg (18.03%), Vitamin B3: 2.83mg (14.13%), Folate: 55.39µg (13.85%), Selenium: 7.63µg (10.9%), Calcium: 97.49mg (9.75%), Vitamin E: 1.44mg (9.63%), Vitamin A: 344.75IU (6.89%), Vitamin B5: 0.56mg (5.64%)