

Tempeh Delight

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- 2 tablespoons ginger fresh chopped
- 3 cloves garlic to taste
- 0.3 cup maple syrup
- 2 tablespoons olive oil
- 0.3 cup soya sauce
- 16 ounce tempeh sliced
- 0.3 cup water

Equipment

- food processor
- oven
- blender
- baking pan
- aluminum foil

Directions

- Process soy sauce, water, maple syrup, garlic, and ginger together in a food processor or blender until smooth.
- Pour oil into a baking dish.
- Place tempeh on top of oil and pour soy sauce mixture over tempeh. Cover dish with aluminum foil and marinate for 1 to 2 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake tempeh, covered with aluminum foil, in the preheated oven for 30 minutes.
- Remove aluminum foil, increase heat to 375 degrees F (190 degrees C) and continue baking until tempeh is slightly brown, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:3.47, Inflammation Score:-2, Nutrition Score:7.9256522681402%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 174.96kcal (8.75%), Fat: 9.65g (14.85%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 13.07g (4.75%), Sugar: 6.19g (6.88%), Cholesterol: 0mg (0%), Sodium: 411.85mg (17.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.75%), Manganese: 1.03mg (51.38%), Vitamin B2: 0.34mg (20.21%), Copper: 0.34mg (16.79%), Phosphorus: 162.56mg (16.26%), Magnesium: 52.05mg (13.01%), Iron: 1.76mg (9.8%), Vitamin B3: 1.81mg (9.06%), Potassium: 283.42mg (8.1%), Calcium: 77.93mg (7.79%), Vitamin B6: 0.15mg (7.66%), Zinc: 0.77mg (5.12%), Vitamin B1: 0.06mg (3.86%), Folate: 15.14µg (3.78%), Vitamin E: 0.51mg (3.4%),

Vitamin K: 2.13µg (2.03%), Vitamin B5: 0.2mg (1.95%)