



## Tempeh Fajitas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4.5 ounce mushrooms drained sliced canned
- 2 tablespoons corn oil
- 1 tablespoon onion dried minced
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 cup pkt spinach frozen thawed drained chopped
- 1.5 cups bell pepper green chopped
- 1 tablespoon chile peppers green chopped
- 1 tablespoon juice of lime

2 tablespoons soya sauce

8 ounce tempeh

## Equipment

frying pan

## Directions

Heat oil in a large skillet over medium heat.

Saute tempeh with soy sauce and lime juice until tempeh browns. Stir in bell peppers, mushrooms, spinach, chile peppers, cilantro and dried onion.

Increase heat to medium-high and cook until fluids have reduced, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:19.548260675824%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 207.85kcal (10.39%), Fat: 13.44g (20.68%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 9.86g (3.59%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 672.37mg (29.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.74%), Vitamin K: 80.01µg (76.2%), Vitamin C: 48.54mg (58.83%), Manganese: 1.03mg (51.67%), Vitamin A: 2502.16IU (50.04%), Copper: 0.48mg (23.8%), Phosphorus: 208.66mg (20.87%), Magnesium: 76mg (19%), Vitamin B6: 0.34mg (16.98%), Vitamin B2: 0.28mg (16.74%), Iron: 2.58mg (14.33%), Folate: 55.43µg (13.86%), Potassium: 484.26mg (13.84%), Vitamin B3: 2.75mg (13.73%), Vitamin E: 1.83mg (12.18%), Fiber: 2.61g (10.44%), Calcium: 102.79mg (10.28%), Vitamin B1: 0.13mg (8.94%), Zinc: 1.12mg (7.49%), Vitamin B5: 0.55mg (5.46%), Selenium: 2.62µg (3.74%)