



## Tempeh, Lettuce, and Tomato Sandwiches

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon chipotle chili powder smoked spanish
- 0.5 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 0.5 teaspoon onion powder
- 2 tablespoons soya sauce (I used 2 but use more if you like your tempeh saltier)
- 8 ounce tempeh (any variety will do)
- 1 cup vegetable stock

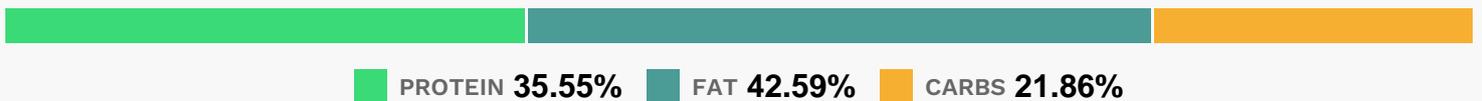
## Equipment

- frying pan
- stove
- microwave

## Directions

- Mix the remaining ingredients and pour over the tempeh. For microwave cooking, cook on high power for 3 minutes. Turn or rearrange any pieces that were not covered by broth and microwave on high for 2 minutes. Then cook at 50% power for 3 more minutes. Allow the tempeh to stay in the broth until you're ready to pan fry. For stovetop cooking, bring the broth to a boil and reduce heat to a simmer. Simmer for 10 minutes, turning the tempeh halfway through to make sure each piece gets equal time in the broth.
- Remove from the heat and allow it to sit in the broth until you're ready to pan fry it. Spray a large non-stick skillet with canola oil or cooking spray. Put it on medium-high heat until hot, and then remove the tempeh slices from the broth and put them in the pan in a single layer. (I did this in two batches.) Cook until brown, and then turn. When they are almost brown on the second side, add a few tablespoons of the simmering broth to the skillet and allow it to evaporate. (This adds more flavor.)
- Sprinkle the tempeh with Creole seasoning just before you turn it for a spicy treat. For sandwiches, spread bread with your choice of condiments (I use vegan mayo and spicy mustard). Arrange lettuce and tomato (I used yellow ones) on bread and top with strips of tempeh. One package of tempeh will make about 4 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:1.21, Inflammation Score:-3, Nutrition Score:6.9126086390537%

## Nutrients (% of daily need)

Calories: 120.21kcal (6.01%), Fat: 6.16g (9.47%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.92g (2.52%), Sugar: 0.69g (0.76%), Cholesterol: 0mg (0%), Sodium: 748.08mg (32.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.13%), Manganese: 0.79mg (39.55%), Copper: 0.33mg (16.72%), Phosphorus: 165.25mg (16.53%), Vitamin B2: 0.22mg (12.86%), Magnesium: 50.28mg (12.57%), Iron: 1.8mg (9.99%), Vitamin B3: 1.87mg (9.35%), Vitamin B6: 0.15mg (7.53%), Potassium: 262.05mg (7.49%), Calcium: 66.4mg (6.64%), Zinc: 0.71mg (4.75%), Folate: 15.6µg (3.9%), Vitamin B1: 0.05mg (3.51%), Vitamin A: 162.2IU (3.24%), Vitamin B5:

0.2mg (1.97%)