



Tempeh 'Meatballs

READY IN



40 min.

SERVINGS



20

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon basil dried
- 1 tablespoon parsley dried
- 1 eggs lightly beaten
- 0.5 teaspoon garlic powder
- 2 slices grain bread whole
- 1 teaspoon oregano dried
- 3 tablespoons parmesan cheese grated
- 1 pinch pepper flakes red to taste

- 0.3 teaspoon salt
- 8 ounce tempeh cut into 4 pieces

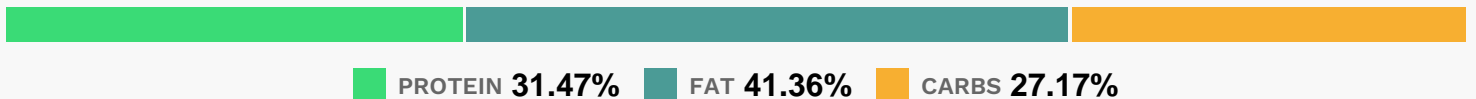
Equipment

- food processor
- bowl
- baking sheet
- oven
- pot

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- Bring a pot of water to a boil; cook tempeh in the boiling water to soften the flavor of the tempeh, about 5 minutes.
- Drain and cool tempeh.
- Place bread in a food processor and pulse until evenly crumbled.
- Transfer bread to a large bowl. Crumble cooled tempeh over bread crumbs; add Parmesan cheese, egg, parsley, oregano, basil, garlic powder, salt, black pepper, and red pepper flakes; mix well using your hands. Form tempeh mixture into 1-inch balls and arrange 'meatballs' on the prepared baking sheet.
- Bake in the preheated oven for 10 minutes; flip 'meatballs' and continue cooking until lightly browned, about 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:2.2943478278492%

Flavonoids

Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg

Nutrients (% of daily need)

Calories: 36.3kcal (1.81%), Fat: 1.76g (2.7%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.15g (0.16%), Cholesterol: 8.84mg (2.95%), Sodium: 59.59mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Manganese: 0.23mg (11.61%), Phosphorus: 46.3mg (4.63%), Copper: 0.08mg (3.75%), Vitamin B2: 0.06mg (3.62%), Magnesium: 13mg (3.25%), Vitamin K: 3.12µg (2.97%), Iron: 0.53mg (2.95%), Calcium: 29.07mg (2.91%), Selenium: 1.7µg (2.43%), Vitamin B3: 0.44mg (2.22%), Vitamin B6: 0.04mg (1.94%), Potassium: 64.72mg (1.85%), Zinc: 0.25mg (1.69%), Vitamin B1: 0.02mg (1.44%), Folate: 5.59µg (1.4%), Fiber: 0.27g (1.08%)