



 **79%**
HEALTH SCORE

Tempeh Vegetable Stir-Fry

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups broccoli florets
- 1 cup carrots diagonally sliced ()
- 0.5 teaspoon cornstarch
- 2 teaspoons sesame oil dark
- 4 teaspoons cooking sherry dry
- 2 cups bean sprouts fresh
- 1 teaspoon ginger fresh minced peeled
- 2 garlic cloves minced

- 0.5 cup green onions sliced (1-inch)
- 0.3 cup soya sauce low-sodium
- 0.5 cup bell pepper diced red
- 3 ounces shiitake mushroom caps thinly sliced
- 2 teaspoons sugar
- 8 ounce tempeh cut into 1/2-inch cubes

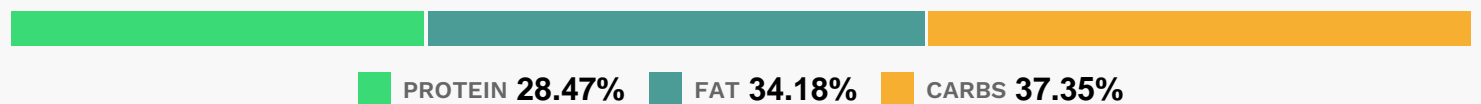
Equipment

- bowl
- frying pan
- wok

Directions

- Combine first 4 ingredients in a small bowl; set aside.
- Heat oil in a large nonstick skillet or wok over medium-high heat until hot.
- Add tempeh; stir-fry 3 minutes or until light brown.
- Add broccoli, carrot, and bell pepper; stir-fry 2 minutes.
- Add mushrooms, ginger, and garlic; stir-fry 1 minute.
- Stir soy sauce mixture into tempeh mixture; bring to a boil. Stir in sprouts and green onions.
- carbo rating: 16

Nutrition Facts



Properties

Glycemic Index:79.98, Glycemic Load:4.54, Inflammation Score:-10, Nutrition Score:26.014347866825%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg,

Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 211kcal (10.55%), Fat: 8.69g (13.36%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 17.19g (6.25%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 811.84mg (35.3%), Alcohol: 0.51g (100%), Alcohol %: 0.25% (100%), Protein: 16.27g (32.55%), Vitamin A: 6277.35IU (125.55%), Vitamin C: 65.87mg (79.85%), Vitamin K: 83.3µg (79.33%), Manganese: 1.16mg (58.22%), Phosphorus: 284.58mg (28.46%), Vitamin B2: 0.45mg (26.58%), Folate: 101.74µg (25.43%), Copper: 0.49mg (24.71%), Magnesium: 92.6mg (23.15%), Vitamin B6: 0.45mg (22.58%), Potassium: 746.24mg (21.32%), Vitamin B3: 3.75mg (18.77%), Iron: 3.03mg (16.85%), Fiber: 4.16g (16.64%), Calcium: 116.67mg (11.67%), Vitamin B5: 1.11mg (11.06%), Vitamin B1: 0.17mg (11.02%), Zinc: 1.58mg (10.56%), Vitamin E: 1.01mg (6.73%), Selenium: 2.85µg (4.07%)