



Thai Seitan on Lemongrass Skewers

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken broth (light or any vegetable broth)
- 0.3 cup bob's mill garbanzo bean flour
- 1 clove garlic (minced)
- 1 teaspoon ginger (minced)
- 1 spring onion (sliced thin)
- 1 teaspoon ground flaxseed
- 0.5 juice of lime
- 6 lemon grass

- 2 tablespoons nutritional yeast
- 0.5 tablespoon onion powder
- 6 servings pepper black generous
- 1 teaspoon to 5 chilies red minced
- 1 teaspoon sesame oil
- 1 teaspoon sesame seed toasted
- 1 cup vital wheat gluten
- 1 tablespoon soy sauce white yellow

Equipment

- frying pan
- whisk
- aluminum foil
- skewers
- grill pan

Directions

- Remove the outer leaves from the lemongrass stalks and trim them so that they're about 12 inches long. (Trim the free end, not the end where the leaves are joined.)
- Mix the dry ingredients, wheat gluten through sesame seeds, stirring well to distribute the seasonings evenly. Stir in the ginger, green onion, chili pepper, and garlic.
- Whisk the miso with a couple tablespoons of the broth until smooth. Stir in the rest of the broth, and then pour this as well as the sesame oil and lime juice into the dry ingredients and stir until well-mixed. Divide the dough into six equal portions, about 1/3 cup each.
- Place your palm on top of the dough, and gently roll it back and forth to even it out and seal it completely: Pull the bottom edge of foil over the dough and roll up. Pinch both ends sealed, and place into a steamer. It doesn't matter if the skewer sticks out. Repeat with the other pieces of dough.
- Put the cover on the steamer as best you can; again, it won't matter if it isn't completely sealed. Bring water to a boil and steam for 30 minutes. When the seitan is cool enough to handle, unwrap it and brown it lightly in an oiled grill pan or skillet.

Serve with peanut sauce or sweet and sour sauce with wedges of lime.

Nutrition Facts

PROTEIN 53.82% **FAT 14.16%** **CARBS 32.02%**

Properties

Glycemic Index:57.17, Glycemic Load:2.4, Inflammation Score:-2, Nutrition Score:5.5121739189262%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 136.52kcal (6.83%), Fat: 2.19g (3.38%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 9.21g (3.35%), Sugar: 1.26g (1.4%), Cholesterol: 0.78mg (0.26%), Sodium: 262.51mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.54%), Manganese: 0.46mg (23.07%), Selenium: 9.26µg (13.23%), Iron: 2.17mg (12.06%), Phosphorus: 92.92mg (9.29%), Folate: 36.2µg (9.05%), Fiber: 1.95g (7.82%), Copper: 0.16mg (7.82%), Magnesium: 25.19mg (6.3%), Potassium: 201.41mg (5.75%), Vitamin K: 6.01µg (5.72%), Calcium: 47.48mg (4.75%), Zinc: 0.65mg (4.35%), Vitamin B1: 0.06mg (4.06%), Vitamin C: 2.76mg (3.35%), Vitamin B6: 0.06mg (3.21%), Vitamin B2: 0.05mg (2.88%), Vitamin B3: 0.34mg (1.71%)