Humane World for Animals™

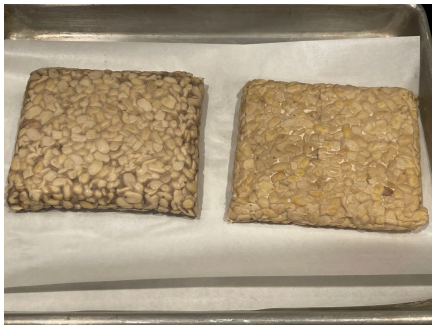
# Sticky sesame tempeh

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|---|---|---|---|---|
| Entree, Asian | Protein Foundation | VG, NF | 12 | 11.83 oz |

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|---|---|---|---|---|---|---|
| 1 | 8 1/4 cup | 3 lb 0.31 oz | 0% | 3 lb 0.31 oz | Tempeh, Plain | For tempeh: Boil tempeh in a pot or skillet of water for 10 minutes. Remove and allow to cool. Once cool enough to handle, crumble tempeh. |



*Boiling tempeh*



*Cooling tempeh*



*Tempeh crumbled*

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|---|---|---|---|---|---|---|
| 2 | 1 1/2 cup | 14.10 oz | 0% | 14.10 oz | Soy Sauce, regular | For tempeh crumbles : Whisk soy sauce, sugar, and lime juice in a bowl and reserve. Heat oil in a skillet over medium-high heat. Add tempeh and cook for 3-5 minutes, allowing tempeh to slightly caramelize and become crispy. Add garlic and ginger and cook until fragrant. Add reserved sauce to mixture and reduce for 3-5 minutes or until all liquid has evaporated and tempeh is caramelized. Add sesame seeds and hold hot for service. |
| | 1 1/4 cup | 8.87 oz | 0% | 8.87 oz | Sugar, White, granulated | |
| | 1/4 cup | 1.92 oz | 0% | 1.92 oz | Oil, Canola | |
| | 2 tbsp | 1.04 oz | 58% | 2.45 oz | Limes, juice | |
| | 3/4 cup | 6.35 oz | 12% | 7.21 oz | Garlic, cloves, peeled, minced | |
| | 1/3 cup | 1.32 oz | 0% | 1.32 oz | Ginger, fresh, minced | |
| | 3/4 cup | 4 oz | 0% | 4 oz | Sesame Seeds, White | |


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*Sautéing tempeh*



*Adding garlic and ginger*



*Adding sauce*



*Adding sesame seeds*

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|---|---|---|---|---|---|---|
| **3** | 12 cup | 3 lb 6.60 oz | 0% | 3 lb 6.60 oz | Rice, Jasmine, cooked | For service: Place 1 cup of rice in bottom of bowl and top with 4 ounces of tempeh crumbles. Garnish with 1 tablespoon of green onions. |
| | 3/4 cup | 1.50 oz | 17% | 1.81 oz | Onions, Green, sliced thinly on bias | |



*Sticky sesame tempeh*


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## RECIPE IMAGES



*Sticky sesame tempeh*

## ALLERGENS

-

## WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|---|---|---|---|---|---|
| Total weight | 8 lb 14.01 oz | 0.00 % | 8 lb 14.01 oz | 0.00 % | 8 lb 14.01 oz |
| Size of portion | 11.83 oz | | 11.83 oz | | 11.83 oz |

## MEMO

You can also steam tempeh in a perforated hotel pan in a steamer for 10 minutes. Follow same steps as before.


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## NUTRITION INFORMATION

per portion

| Energy nutritives | | RDI | % of energy |
|---|---|---|---|
| Total fat | 22.55 g | 29 % | 21.72 % |
| Saturated | 4.07 g | 20 % | 3.92 % |
| Monounsaturated | 8.59 g | | 8.27 % |
| Polyunsaturated | 8.59 g | | 8.28 % |
| Trans fatty acids | 0.02 g | | 0.02 % |
| Cholesterol | 0.00 mg | 0 % | |
| Linolenic acid | 7.83 g | | 7.54 % |
| Alpha-linolenic acid | 415.19 mg | | 0.40 % |
| Total Carbohydrate | 145.79 g | 53 % | 64.52 % |
| Sugars total | 21.77 g | 44 % | |
| Added sugar | 0.00 g | 0 % | 0.00 % |
| Lactose | 0.00 g | | |
| Fiber | 5.34 g | 19 % | 1.11 % |
| Organic acids | 0.00 g | | 0.00 % |
| Sugar alcohol | 0.00 g | | 0.00 % |
| Starch | 0.00 g | | 0.00 % |
| Protein | 37.00 g | 74 % | 16.38 % |
| Alcohol | 0.00 g | | 0.00 % |

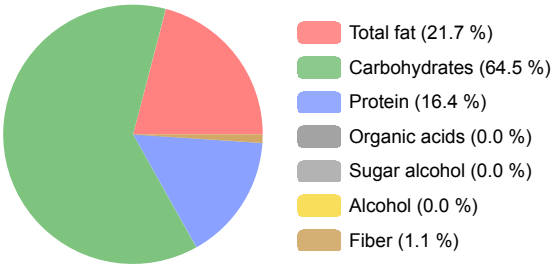
| Calories | RDI |
|---|---|
| 918.08 kcal | 46 % |
| 3,841.27 kJ | |

| Minerals | | RDI |
|---|---|---|
| Salt | 5.74 g | |
| Salt | 1.71 % | |
| Sodium | 2,295.87 mg | 100 % |
| Phosphorus | 511.12 mg | 41 % |
| Potassium | 844.66 mg | 18 % |
| Iron | 6.93 mg | 38 % |
| Calcium | 268.67 mg | 21 % |
| Zinc | 3.85 mg | 35 % |
| Chloride | 0.00 mg | 0 % |
| Chromium | 0.00 µg | 0 % |
| Fluoride | 0.00 mg | |
| Magnesium | 170.77 mg | 41 % |
| Molybdenun | 0.00 µg | 0 % |
| Iodine | 0.00 µg | 0 % |
| Selenium | 25.29 µg | 46 % |
| Copper | 1.31 mg | 146 % |

| Vitamins | | RDI |
|---|---|---|
| Vitamin A | 7.14 µg | 1 % |
| Vitamin D | 0.00 µg | 0 % |
| Thiamine | 0.44 mg | 37 % |
| Riboflavir | 0.57 mg | 44 % |
| Niacin | 7.30 mg | 46 % |
| Vitamin B6 | 0.71 mg | 42 % |
| Vitamin B12 | 0.09 µg | 4 % |
| Folate | 0.00 µg | 0 % |
| Biotin | 0.00 µg | 0 % |
| Choline | 0.00 mg | 0 % |
| Pantothei Acid | 0.00 mg | 0 % |
| Vitamin C | 6.05 mg | 7 % |
| Vitamin E | 0.85 mg | 6 % |
| Vitamin K | 9.05 µg | 8 % |

| Others | |
|---|---|
| Water | 121.42 g |

## PERCENTAGE OF ENERGY




## CO2




**0.49 kg**

Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.


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