

Thai tempeh fried rice

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	Protein Foundation	VG	12	15.19 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.



Tempeh boiling



Tempeh cooling



Tempeh crumbled

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	4 1/4 tbsp	2.06 oz	0%	2.06 oz	Oil, Canola	For Thai tempeh crumbles: Heat oil in a skillet or flat top over medium high heat. Add tempeh and cook for 3-5 minutes, allowing tempeh to slightly caramelize and become crispy. While cooking tempeh, in a mixing bowl combine remaining ingredients in step 2. When tempeh is caramelized, add sauce. Allow to cook and reduce for 3-5 minutes, or until all liquid has evaporated and tempeh is caramelized.
	1 1/2 cup	14.10 oz	0%	14.10 oz	Soy Sauce, regular	
	1 1/4 cup	8.87 oz	0%	8.88 oz	Sugar, White, granulated	
	1/3 cup	3.35 oz	0%	3.35 oz	Sauce, Chili Garlic	
	2 tbsp	1.04 oz	58%	2.45 oz	Limes, juice	



Sautéing crumbles



Sauce added



Sauce reduced

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/3 cup	0.69 oz	54%	1.48 oz	Cilantro, fresh, chopped	Place tempeh into a mixing bowl and add all ingredients in step 3. Toss and hold hot for service.
	1/3 cup	0.69 oz	44%	1.23 oz	Thai Basil, fresh, chopped	
	1/3 cup	0.66 oz	17%	0.80 oz	Onions, Green, sliced thinly on bias	



Herbs added to crumbles

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/3 cup	2.53 oz	0%	2.53 oz	Oil, Canola	For fried rice: Heat oil in a large skillet over medium-high heat. Add onions and cook for 3-5 minutes or until translucent. Add ginger, sauce, bell pepper, and broccoli and cook for 3-5 minutes or until vegetables are tender. Add remaining ingredients in step 4 and cook until basil has wilted and rice is warmed through. Hold hot for service.
	3 cup	9 oz	9%	9.93 oz	Onions, Yellow, sliced	
	1/3 cup	1.32 oz	0%	1.32 oz	Ginger, fresh, minced	
	1/3 cup	3.35 oz	0%	3.35 oz	Sauce, Chili Garlic	
	3 cup	9.90 oz	16%	11.73 oz	Pepper, Bell, Red, sliced	
	2 cup	11 oz	37%	1 lb 1.52 oz	Broccoli, fresh, florets	
	12 cup	3 lb 6.60 oz	0%	3 lb 6.60 oz	Rice, Jasmine, cooked	
	3/4 cup	7.05 oz	0%	7.05 oz	Soy Sauce, regular	
	2 tbsp	1 oz	0%	1 oz	Oil, Sesame	
	3 cup	2.70 oz	44%	4.82 oz	Thai Basil, fresh, chopped	



Sautéing onions



Vegetables added



Rice, basil, and sauce added

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
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For service: In a bowl add 8 ounces fried rice and top with 4 ounces of tempeh crumbles.



Thai tempeh fried rice

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 6.22 oz	0.00 %	11 lb 6.22 oz	0.00 %	11 lb 6.22 oz
Size of portion	15.19 oz		15.19 oz		15.19 oz

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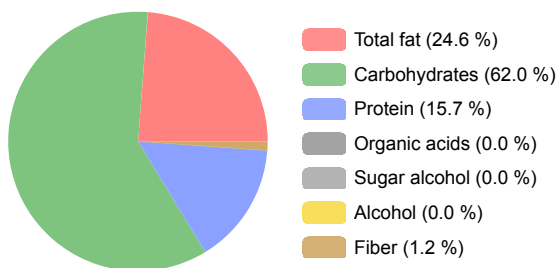
You can also steam tempeh in a perforated hotel pan in a steamer for 10 minutes. Follow same steps as before.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories		Minerals		RDI		Vitamins		RDI	
		RDI	% of energy										
Total fat	26.92 g	35 %	24.65 %	965.49 kcal	48 %	Salt	9.20 g			Vitamin A	88.33 µg	10 %	
Saturated	4.24 g	21 %	3.88 %	4,039.63 kJ		Salt	2.14 %			Vitamin D	0.00 µg	0 %	
Monounsaturated	11.78 g		10.79 %			Sodium	3,681.71 mg	160 %		Thiamine	0.40 mg	33 %	
Polyunsaturated	9.38 g		8.59 %			Phosphorus	485.86 mg	39 %		Riboflavin	0.65 mg	50 %	
Trans fatty acids	0.04 g		0.04 %			Potassium	1,062.49 mg	23 %		Niacin	7.97 mg	50 %	
Cholesterol	0.00 mg	0 %				Iron	6.31 mg	35 %		Vitamin B6	0.69 mg	41 %	
Linolenic acid	8.01 g		7.33 %			Calcium	188.64 mg	15 %		Vitamin B12	0.09 µg	4 %	
Alpha-linolenic acid	991.45 mg		0.91 %			Zinc	3.29 mg	30 %		Folate	0.00 µg	0 %	
Total Carbohydrate	147.31 g	54 %	61.99 %			Chloride	0.00 mg	0 %		Biotin	0.00 µg	0 %	
Sugars total	25.70 g	51 %				Chromium	0.00 µg	0 %		Choline	0.00 mg	0 %	
Added sugar	0.00 g	0 %	0.00 %			Fluoride	0.00 mg			Pantothenic Acid	0.00 mg	0 %	
Lactose	0.00 g					Magnesium	157.89 mg	38 %		Vitamin C	67.81 mg	75 %	
Fiber	5.93 g	21 %	1.18 %			Molybdenum	0.00 µg	0 %		Vitamin E	3.25 mg	22 %	
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %		Vitamin K	52.27 µg	44 %	
Sugar alcohol	0.00 g		0.00 %			Selenium	21.05 µg	38 %					
Starch	0.00 g		0.00 %			Copper	0.96 mg	107 %					
Protein	37.34 g	75 %	15.71 %										
Alcohol	0.00 g		0.00 %										
Others													
Water												206.78 g	

PERCENTAGE OF ENERGY



CO2



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.