Humane World for Animals™

Spicy noodle stir fry with Korean tempeh

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	Protein Foundations	VG, NF	12	14.64 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 1/4 cup	3 lb	0%	3 lb	Tempeh, Plain	For gochujang tempeh triangles: Preheat oven to 400° F. Cut tempeh into 1 ounce triangles.



Cutting tempeh

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3/4 cup	5.32 oz	0%	5.33 oz	Sugar, White, granulated	To a bowl, whisk together all ingredients in step 2. Add tempeh and toss until coated. Place tempeh on a parchment lined sheet pan and bake for 20 minutes, flipping halfway. Hold hot for service.
	1/2 cup	9.03 oz	0%	9.03 oz	Sauce, Gochujang	
	1/2 cup	4.70 oz	0%	4.70 oz	Soy Sauce, regular	
	1/4 cup	2 oz	0%	2 oz	Oil, Sesame	
	1 tbsp	0.52 oz	0%	0.52 oz	Vinegar, Rice Wine	



Marinade



Tossing tempeh in marinade



Tempeh baked

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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	4.70 oz	0%	4.70 oz	Soy Sauce, regular	Noodle sauce: In a pot over medium-high heat add all ingredients in step 3 except spaghetti and whisk until sugar dissolves. Add cooked spaghetti to pot and toss together. Hold hot for service.
	2 tbsp	1 oz	0%	1 oz	Oil, Sesame	
	2 tbsp	0.89 oz	0%	0.89 oz	Sugar, White, granulated	
	8 cup	3 lb 2 oz	0%	3 lb 2 oz	Pasta, Spaghetti, cooked *Hot Noodles*	



Sauce for noodles



Tossing noodles in sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	2 tbsp	0.96 oz	0%	0.96 oz	Oil, Canola	Stir-fried veggies: To a large skillet over medium-high heat. Add onions and sauté for 2-3 minutes or until softened. Add remaining ingredients in step 4 and cook until spinach has wilted and vegetables are tender. Hold hot for service.
	4 cup	12 oz	9%	13.25 oz	Onions, Yellow, sliced	
	12 cup	8.16 oz	1%	8.24 oz	Spinach, Baby, stemmed, bagged	
	6 cup	13.20 oz	6%	14.07 oz	Peas, Snap, whole, trimmed	
	3 1/2 cup	13.65 oz	19%	1 lb 0.79 oz	Carrots, peeled, shredded	
	2 tbsp	1.06 oz	12%	1.20 oz	Garlic, cloves, peeled, minced	
	2 tsp	0.33 oz	0%	0.33 oz	Oil, Sesame	
	1 tsp	0.10 oz	0%	0.10 oz	Salt, Kosher	



Sautéing onions



Adding vegetables



Vegetables, cooked

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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						For service: Place 4 ounces of noodles into a bowl. Add 4 ounces of vegetable mixture and top with four tempeh triangles.



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RECIPE IMAGES



Spicy noodle stir fry with Korean tempeh

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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	23.90 g	34.05 %
Saturated	4.44 g	6.32 %
Monounsaturated	8.38 g	11.94 %
Polyunsaturated	9.35 g	13.33 %
Trans fatty acids	0.01 g	0.01 %
Cholesterol	0.00 mg	
Linolenic acid	8.74 g	12.45 %
Alpha-linolenic acid	235.58 mg	0.34 %
Total Carbohydrate	73.82 g	48.32 %
Sugars total	21.71 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	4.95 g	1.53 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	31.18 g	20.41 %
Protein	33.76 g	22.10 %
Alcohol	0.00 g	0.00 %

Calories	
620.78 kcal	
2,597.34 kJ	

Minerals	
Salt	4.52 g
Salt	1.09 %
Sodium	1,999.40 mg
Phosphorus	440.33 mg
Potassium	943.36 mg
Iron	6.02 mg
Calcium	192.30 mg
Zinc	2.29 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	149.60 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	32.39 µg
Copper	0.85 mg

Vitamins	
Vitamin A	376.52 µg
Vitamin D	0.00 µg
Thiamine	0.52 mg
Riboflavin	0.69 mg
Niacin	6.31 mg
Vitamin B6	0.54 mg
Vitamin B12	0.09 µg
Folate	77.96 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	28.91 mg
Vitamin E	1.31 mg
Vitamin K	107.99 µg

Others	
Water	256.68 g

CO2



0.24 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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