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## Pressure Cooker Tempeh Breakfast Bowl

This pressure cooker tempeh breakfast bowl is a delicious and nutritious way to start your day. Made with tempeh, vegetables, and spices, it's packed with protein and flavor. The tempeh is cooked in the pressure cooker to perfection, resulting in a tender and flavorful texture. Serve it with your favorite toppings and enjoy a satisfying and healthy breakfast.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 2

**Serving Size:** 200 g

### Ingredients

200 g	tempeh
100 g	onion
100 g	bell pepper

<b>50 g</b>	spinach
<b>5 g</b>	garlic
<b>15 ml</b>	olive oil
<b>30 ml</b>	soy sauce
<b>5 ml</b>	sesame oil
<b>10 ml</b>	rice vinegar
<b>1 tsp</b>	sriracha
<b>0.5 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

### Step 1

Cut

Cut the tempeh into cubes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

Cut

Chop the onion, bell pepper, and garlic.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Sautéing

Heat the olive oil in the pressure cooker and sauté the onion, bell pepper, and garlic for 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 4

Pressure cooker

Add the tempeh, soy sauce, sesame oil, rice vinegar, sriracha, salt, and black pepper to the pressure cooker.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 5

Pressure cooker

Close the pressure cooker and cook on high pressure for 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

Pressure cooker

Release the pressure and open the pressure cooker.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Stirring

Add the spinach to the pressure cooker and stir until wilted.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 8

Serving

Serve the tempeh breakfast bowl with your favorite toppings.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	150 mg	15%	15%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Meal Type

Breakfast Brunch Lunch Dinner Snack

### Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium Sugar-Free High Iron

### Kitchen Tools

Blender Oven Pressure Cooker

### Course

Snacks Sauces & Dressings

### Cultural

Chinese New Year

### Difficulty Level

Medium

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