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Vegan Skewers

A delicious vegan recipe for skewers that are perfect for grilling or barbecues. These skewers are made with a variety of fresh vegetables and plant-based protein.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	firm tofu
150 g	Red Bell Pepper
150 g	zucchini
100 g	Cherry Tomatoes
100 g	red onion
2 tbsp	olive oil

1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder

Directions

Step 1

Press the tofu to remove excess water, then cut it into cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the bell pepper, zucchini, cherry tomatoes, and red onion into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the olive oil, salt, black pepper, and garlic powder. Toss the tofu and vegetables in the mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Thread the tofu and vegetables onto skewers, alternating between different ingredients.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Grilling

Grill the skewers over medium heat for 10 minutes, turning occasionally, until the vegetables are tender and slightly charred.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Serving

Serve the vegan skewers hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 14 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Mediterranean Middle Eastern

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Main Dishes Side Dishes Salads Snacks

Cultural

Chinese New Year Diwali Easter

Demographics

Allergy Friendly

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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