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Tempeh Chimichurri ♦

Tempeh Chimichurri is a vegan recipe that originated in Argentina. It is a flavorful and protein-rich dish made with tempeh, a fermented soy product. The tempeh is marinated in a tangy chimichurri sauce and then grilled to perfection. It can be served as a main dish or as a filling for sandwiches and wraps. This recipe is perfect for vegans and anyone looking for a delicious and healthy plant-based meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	tempeh
4 tbsp	olive oil
2 tbsp	red wine vinegar
3 cloves	garlic

1 c	fresh parsley
1 tbsp	fresh oregano
1 tsp	Red Pepper Flakes
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	lemon juice

Directions

Step 1

Cutting

Cut the tempeh into 1-inch cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine olive oil, red wine vinegar, minced garlic, chopped parsley, chopped oregano, red pepper flakes, salt, and black pepper to make the chimichurri sauce.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Marinating

Add the tempeh cubes to the chimichurri sauce and marinate for at least 30 minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Preheating, grilling

Preheat the grill to medium-high heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Grilling

Thread the marinated tempeh cubes onto skewers and grill for 10-12 minutes, turning occasionally, until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Squeezing

Remove the tempeh skewers from the grill and squeeze fresh lemon juice over them.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Tempeh Chimichurri skewers hot with additional chimichurri sauce on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
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	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Nutritional Content

Low Calorie

Kitchen Tools

Oven

Course

Salads

Snacks

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Scarsdale Diet

The Werewolf Diet

The HCG Diet

The GOLO Diet

Meal Type

Brunch

Supper

Difficulty Level

Medium

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