

Recipe Analyzer Results

A single serving of this recipe has 253 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 253

% Daily Value*

Total Fat 13.8g	18%
Saturated Fat 3g	15%
Cholesterol 42mg	14%
Sodium 224mg	10%
Total Carbohydrate 19.1g	7%
Dietary Fiber 1g	4%
Total Sugars 2.5g	
Protein 16g	
Vitamin D 4mcg	19%
Calcium 136mg	10%
Iron 3mg	15%

Ingredients:

- 20 ml (1 1/2 tbsp) vegetable oil
- 1 package (250 g/9 oz) tempeh, cut into 16 strips
- 190 ml (3/4 cup) water
- 1 egg
- 125 ml (1/2 cup) breadcrumbs
- 5 ml (1 tsp) paprika
- 5 ml (1 tsp) onion powder
- 5 ml (1 tsp) garlic powder
- 1 ml (1/4 tsp) salt
- 2 ml (1/2 tsp) black pepper
- 60 ml (1/4 cup) lower fat yogurt
- 2 ml (1/2 tsp) chipotle powder or paprika
- 1 clove garlic, minced
- 1 ml (1/4 tsp) salt

Potassium 366mg

8%

Nutrition Facts

Servings: 4

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**