

Simple Air Fried Tempeh

This is the easiest way to prepare tempeh in the air fryer. You can doctor this up with any spices you want and it is suitable for breakfast, lunch or dinner!



PREP TIME

10 mins

TOTAL TIME

10 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

1 serving

CALORIES

186 kcal

INGREDIENTS

- 4 oz Tempeh lightlife
- 1 Tbsp Bragg's Liquid Aminos
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 Tbsp water

INSTRUCTIONS

1. Slice your tempeh into thin strips about 1 cm thick
2. In a plate or shallow bowl, mix the Braggs, water and spices.
3. Coat each piece in the marinade. You can let it sit for a few minutes, but you do not have to.
4. Place the pieces in the air fryer and cook for 8 minutes at 450°F/.232°C

NUTRITION

Nutrition Facts

Simple Air Fried Tempeh

Amount Per Serving

| | | | |
|-----------------------|-------|-------------------|-----|
| Calories | 186 | Calories from Fat | 54 |
| % Daily Value* | | | |
| Fat | 6g | | 9% |
| Saturated Fat | 1.3g | | 8% |
| Polyunsaturated Fat | 1g | | |
| Monounsaturated Fat | 0.3g | | |
| Sodium | 192mg | | 8% |
| Potassium | 85mg | | 2% |
| Carbohydrates | 13.5g | | 5% |
| Fiber | 2g | | 8% |
| Sugar | 0.3g | | 0% |
| Protein | 21.3g | | 43% |
| Vitamin C | 0.2mg | | 0% |
| Calcium | 80mg | | 8% |
| Iron | 2.4mg | | 13% |

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!