

Japanese Vegetables and Tempeh with Ponzu Sauce

Yield: 3 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/a-recipe-for-japanese-vegetables>

Ingredients:

- 8 ounces tempeh
- 2 tablespoons arame
- 1/4 cup water just boiled
- 3 tablespoons low sodium tamari
- 3 tablespoons rice vinegar
- 1 teaspoon minced ginger peeled and
- 2 tablespoons lime juice
- 2 tablespoons lemon juice
- 1 pinch chile flakes
- 1 tablespoon toasted sesame oil
- 300 grams shimeji mushrooms or your favourite, trimmed, 2 packages
- 300 grams snow peas trimmed

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 21 grams
3. Fat: 13 grams
4. Fiber: 4 grams
5. Protein: 22 grams
6. SaturatedFat: 2 grams
7. Sodium: 1020 milligrams
8. Sugar: 7 grams

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