

# Ranch Salad With Buffalo Tempeh

Yield: 3 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-heart-recipe>

## Ingredients:

- 8 ounces tempeh
- 1 tablespoon olive oil divided
- 4 cloves garlic minced
- 1/2 cup vegetable broth
- 1/2 cup frank &rsquo;s Red Hot hot sauce
- 2 teaspoons dried oregano
- 1/4 cup mayo vegan, homemade or storebought
- 1/4 cup almond milk unsweetened unflavored
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon nutritional yeast
- 1/8 teaspoon salt
- 3 tablespoons chives fresh chopped
- 2 hearts romaine, chopped
- 1/2 cup cherry tomatoes halved
- 1/2 cup sliced cucumbers
- chives Extra, for garnish

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 25 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 3 grams

8. Sodium: 710 milligrams
  9. Sugar: 4 grams
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