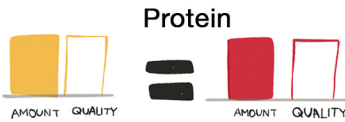
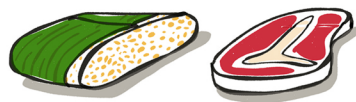


# TEMPE

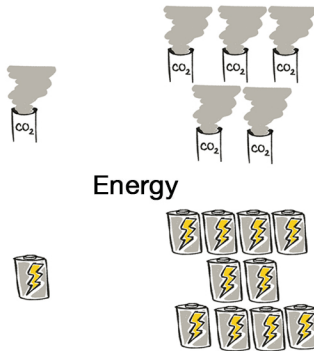
Affordable, Healthy, Sustainable Protein Source



## Nutrition

- |                   |                 |
|-------------------|-----------------|
| ⊖ SATURATED FAT   | ✓ SATURATED FAT |
| ⊖ CHOLESTEROL     | ✓ CHOLESTEROL   |
| ★ FIBER           | ⊖ FIBER         |
| ★ SALT            | ⊖ SALT          |
| ★ CALCIUM         |                 |
| ↓ SUGAR           |                 |
| ✓ IRON, ZINC      |                 |
| ✓ PREBIOTICS      |                 |
| ✓ PARA-PROBIOTICS |                 |
- ANTI-CANCER ISCHLAVONS

## Emission



## What is Tempe?

Tempe(h) is a traditional food from Indonesia made of fermented soybeans or other ingredients. The first documented tempe was in the 18th century in Central Java, Indonesia. Since then, it has been an affordable staple protein source in Indonesia.

## How to Eat Tempe

In Indonesia, tempe is usually fried and sprinkled with salt, coconut-currind ("lodeh"), stir-fried with sweet soy sauce ("orek"), or marinated with shallots and garlics then fried ("bacem"). However, tempe can be easily incorporated in limitless variations of cuisine.

Get tempeh at your grocery stores!

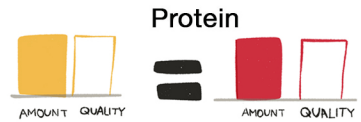
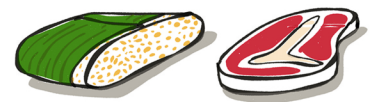


Indonesian Tempe Movement

[www.tempe movement.com](http://www.tempe movement.com)

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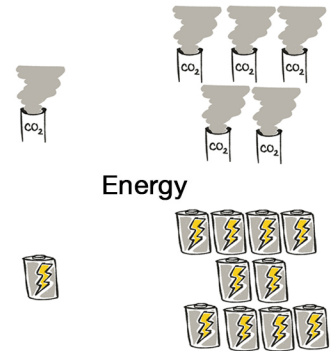
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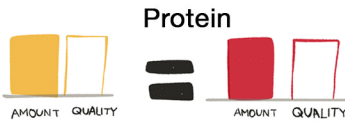
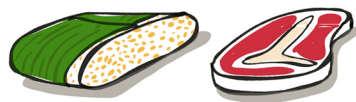


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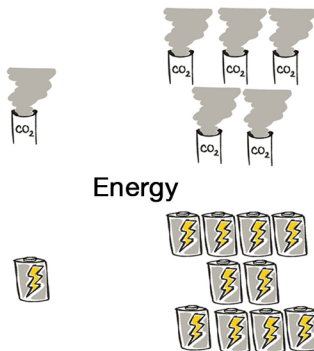
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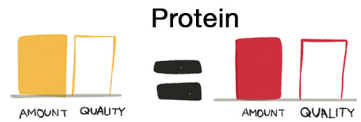
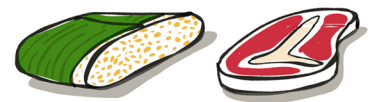


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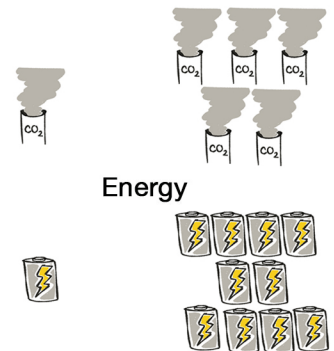
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