



## Best Ever Creamy Vegan Alfredo Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



412 kcal

SAUCE

### Ingredients

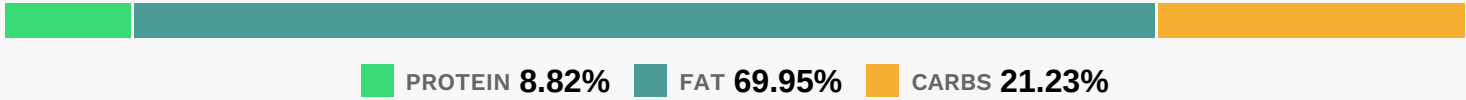
- ☐ 200 mL coconut milk canned ()
- ☐ 3 Cloves garlic minced (1-)
- ☐ 4 servings bell pepper to taste
- ☐ 1.5 cups cashew pieces raw salted (not roasted or )
- ☐ 2.5 cups water fresh ()

### Equipment

# Directions

- ☐ Thoroughly blend all ingredients together. Thin out with more water if desired.
- ☐ Heat & serve over pasta, vegetables, or chicken!ENJOY!!

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:23.130000114441%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 411.71kcal (20.59%), Fat: 34.23g (52.67%), Saturated Fat: 13.78g (86.15%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 20.22g (7.35%), Sugar: 5.73g (6.36%), Cholesterol: 0mg (0%), Sodium: 345.77mg (15.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Vitamin C: 96.54mg (117.02%), Copper: 1.29mg (64.5%), Vitamin A: 2332.8IU (46.66%), Manganese: 0.91mg (45.61%), Magnesium: 166.53mg (41.63%), Phosphorus: 320.4mg (32.04%), Iron: 5.02mg (27.87%), Zinc: 3.37mg (22.48%), Vitamin K: 21.52µg (20.49%), Vitamin B6: 0.39mg (19.48%), Folate: 76.47µg (19.12%), Potassium: 561.56mg (16.04%), Fiber: 3.15g (12.61%), Vitamin E: 1.65mg (11.01%), Vitamin B1: 0.16mg (10.53%), Vitamin B2: 0.17mg (9.91%), Vitamin B5: 0.95mg (9.48%), Selenium: 6.4µg (9.15%), Vitamin B3: 1.77mg (8.84%), Calcium: 45.44mg (4.54%)