



Cashew Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



683 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.8 cup coconut milk
- ☐ 2 tablespoons honey
- ☐ 10 ounces roasted cashews (approximately 2 cups)
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt
- ☐ 0.3 cup walnut oil

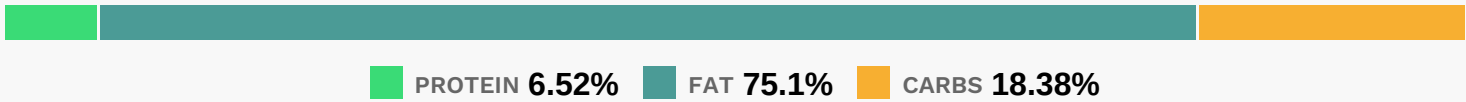
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Whisk the butter, milk, and pepper together in a medium saucepan over medium heat. Taste and add salt, if desired.
- ☐ Heat until sauce is warmed through.
- ☐ Serve over grilled chicken, pork, or rice.
- ☐ Place the honey in a microwave-safe container and heat in the microwave for 15 seconds.
- ☐ Remove from the microwave and add the oil to the container.
- ☐ Place the nuts and salt in the bowl of a food processor and pulse for 5 seconds. Then, while the processor is running, very slowly drizzle in the honey and oil. Process until an emulsion is formed and the mixture is smooth; this will take approximately 45 seconds to 1 minute. If the mixture is too thick and doesn't spread easily, add a little more oil.

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:5.68, Inflammation Score:-7, Nutrition Score:17.821739049061%

Nutrients (% of daily need)

Calories: 683.21kcal (34.16%), Fat: 60.11g (92.48%), Saturated Fat: 16.16g (101.03%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 30.91g (11.24%), Sugar: 12.18g (13.54%), Cholesterol: 0mg (0%), Sodium: 501.78mg (21.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.49%), Copper: 1.67mg (83.63%), Magnesium: 204.18mg (51.04%), Manganese: 0.92mg (46.15%), Phosphorus: 388.75mg (38.87%), Iron: 5.71mg (31.72%), Zinc: 4.23mg (28.22%), Vitamin K: 27.42µg (26.11%), Potassium: 501.74mg (14.34%), Folate: 55.18µg (13.79%), Selenium: 8.39µg (11.98%), Vitamin B1: 0.15mg (10.1%), Vitamin B6: 0.2mg (9.94%), Vitamin B5: 0.93mg (9.35%), Fiber: 2.18g (8.72%), Vitamin B2: 0.15mg (8.64%), Vitamin B3: 1.29mg (6.43%), Vitamin E: 0.76mg (5.08%), Calcium: 40.64mg (4.06%), Vitamin A: 52.01IU (1.04%)