



Cashew Whip (Soy-Free Vegan Whipped Cream)



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup agave nectar light
- ☐ 0.7 cup refined coconut oil warmed
- ☐ 1 cup cashew cream thick
- ☐ 0.5 teaspoon vanilla extract

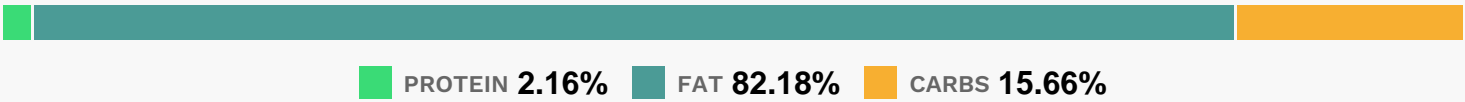
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐
- Place the cashew cream in a blender and add the agave nectar, vanilla, and 1/4 cup water. Blend until thoroughly combined. With the blender running, slowly drizzle the coconut oil in through the hole in the blender lid. Blend until emulsified.
- ☐
- Pour into a bowl and chill in the refrigerator, covered, for 2 hours. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:1.510869577527%

Nutrients (% of daily need)

Calories: 153.45kcal (7.67%), Fat: 14.37g (22.11%), Saturated Fat: 9.84g (61.5%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 6.15g (2.23%), Sugar: 5.58g (6.19%), Cholesterol: 33.62mg (11.21%), Sodium: 8.33mg (0.36%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 0.85g (1.7%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.07mg (3.97%), Vitamin D: 0.48µg (3.17%), Vitamin K: 2.52µg (2.4%), Vitamin E: 0.35mg (2.3%), Calcium: 19.77mg (1.98%), Phosphorus: 17.34mg (1.73%), Vitamin C: 1.35mg (1.63%), Selenium: 1.01µg (1.44%), Vitamin B6: 0.03mg (1.33%)