



Cheesy Vegan Ravioli Filling



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon juice of lemon to taste ()
- ☐ 0.5 cup macadamia nuts whole (soaked 1 hour)
- ☐ 1 tablespoon nutritional yeast
- ☐ 0.3 cup spinach handful basil leaves olive oil salt pepper frozen dry (defrosted & squeezed)
- ☐ 1.5 cups pinenuts (soaked 1 hour)

Equipment

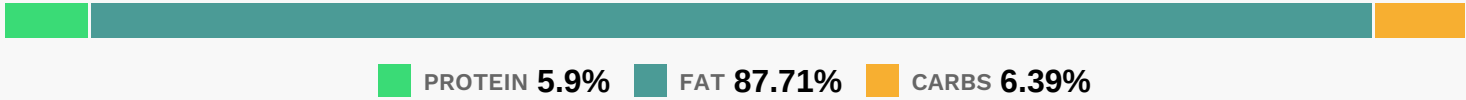
- ☐ food processor

Directions

☐

Add everything to a food processor.Pulse & add water until you get the consistency you want.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:11.40173913992%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 294.08kcal (14.7%), Fat: 30.45g (46.85%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Manganese: 2.57mg (128.71%), Vitamin E: 3.38mg (22.54%), Copper: 0.4mg (19.89%), Magnesium: 74.53mg (18.63%), Vitamin K: 17.71µg (16.86%), Phosphorus: 161.44mg (16.14%), Vitamin B1: 0.19mg (12.84%), Zinc: 1.74mg (11.62%), Iron: 1.8mg (10.02%), Fiber: 1.9g (7.59%), Vitamin B3: 1.32mg (6.6%), Potassium: 202.68mg (5.79%), Vitamin B2: 0.07mg (4.19%), Folate: 9.9µg (2.48%), Vitamin B6: 0.05mg (2.38%), Vitamin B5: 0.15mg (1.45%), Vitamin C: 1.03mg (1.25%), Calcium: 11.35mg (1.13%)