



Cream Sauce With Herbs and No Dairy

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



109 kcal

SAUCE

Ingredients

- 1 tablespoon cornstarch
- 2 teaspoons dill weed dried
- 2 tablespoons garlic minced
- 1 tablespoon nutritional yeast
- 0.5 teaspoon paprika
- 8 ounce silken tofu
- 2 tablespoons soy margarine
- 1.5 cups soy milk

- 0.5 teaspoon herb and spice blend salt-free
- 0.3 cup water

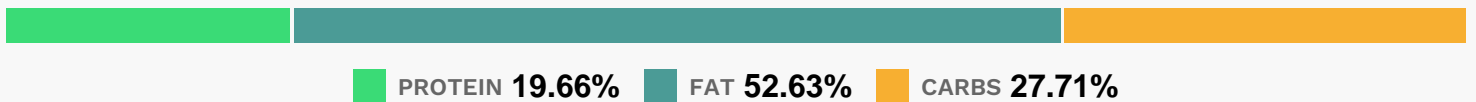
Equipment

- food processor
- frying pan
- sauce pan
- blender

Directions

- Crumble tofu into a blender or food processor. Puree briefly, then add the soy milk, margarine, garlic, nutritional yeast, paprika, dill and spice blend. Process the mixture until it is smooth.
- Pour the mixture into a medium saucepan and cook over medium heat until it comes to a boil.
- Combine the cornstarch and water, pour into pan with the sauce. Continue cooking over medium heat until sauce has thickened, about 1 minute.
- Remove from heat and allow sauce to cool slightly, adjust flavors to taste and serve over pasta or roasted vegetables.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:1.03, Inflammation Score:-5, Nutrition Score:7.524782627821%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 108.83kcal (5.44%), Fat: 6.4g (9.84%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 6.46g (2.35%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 76.21mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Vitamin E: 3.02mg (20.12%), Calcium: 134.83mg (13.48%),

Vitamin B12: 0.76µg (12.74%), Vitamin B3: 2.54mg (12.72%), Vitamin A: 622.69IU (12.45%), Vitamin B6: 0.23mg (11.3%), Copper: 0.2mg (9.99%), Vitamin B2: 0.17mg (9.93%), Vitamin C: 6.31mg (7.65%), Iron: 1.29mg (7.16%), Potassium: 249.93mg (7.14%), Vitamin B1: 0.1mg (6.59%), Vitamin K: 6.39µg (6.08%), Folate: 24.02µg (6%), Vitamin D: 0.85µg (5.66%), Manganese: 0.1mg (4.9%), Fiber: 1.12g (4.48%), Magnesium: 17.61mg (4.4%), Phosphorus: 36.98mg (3.7%), Zinc: 0.48mg (3.2%), Selenium: 2.16µg (3.09%)