



Dairy-Free Cream Cheese Appetizers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



32

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 servings bell peppers green black sliced chopped (, , Kalamata)
- 0.3 cup neutral-tasting oil (such as rice bran, grapeseed or canola)
- 1 cup cashew pieces raw unsalted
- 0.1 teaspoon garlic powder
- 2 tablespoons juice of lemon
- 4 ounce columbus all-natural
- 0.3 teaspoons salt
- 1 teaspoon tahini

32 servings water as needed

Equipment

food processor

whisk

blender

toothpicks

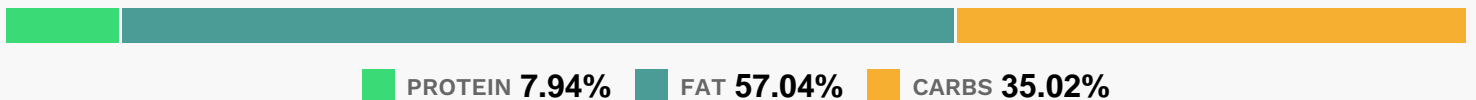
Directions

Place the cashews in a spice grinder (in two batches) or food processor and grind into a powder; it takes about 30 seconds. In a small blender or food processor, blend the ground cashews, oil, tahini, and garlic until smooth. Blend in 2 tablespoons of lemon juice and 1/4 teaspoon of salt. Taste test with your serving medium, and add more of each, if needed. I use the full amount of each with crackers, but much less when serving in salame cones. Blend in a little water, as needed (around 2 tablespoons with the lesser amount of lemon juice, none when using the full amount), if it is too thick to get a creamy consistency.

Place the mixture in the refrigerator, and let it chill for at least 4 hours, or overnight. This gives it time to thicken and for the flavors to meld.

Whisk with a fork. If too thick to pipe and not creamy in consistency, whisk in water, 1/2 teaspoon at a time. If making salami cones, roll each slice into a cone shape, and stab with a toothpick to keep the wrapped shape. Pipe the dairy-free cream cheese into the cones, and garnish with sliced olives or other flavor boosters, such as red bell pepper.

Nutrition Facts



Properties

Glycemic Index:1.26, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:7.67652169777%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 68.11kcal (3.41%), Fat: 4.73g (7.28%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.97g (2.18%), Cholesterol: 0mg (0%), Sodium: 34.18mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin C: 49.06mg (59.46%), Manganese: 0.7mg (35.05%), Copper: 0.19mg (9.28%), Vitamin B6: 0.17mg (8.26%), Vitamin K: 8.45µg (8.05%), Fiber: 1.68g (6.72%), Iron: 1.18mg (6.55%), Magnesium: 25.12mg (6.28%), Vitamin E: 0.73mg (4.9%), Vitamin A: 229.56IU (4.59%), Potassium: 156.05mg (4.46%), Phosphorus: 41.34mg (4.13%), Calcium: 39mg (3.9%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.43mg (2.84%), Vitamin B3: 0.42mg (2.09%), Folate: 8.15µg (2.04%), Selenium: 1.19µg (1.7%), Vitamin B2: 0.02mg (1.42%)