



Deliciously Organic Carrot Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



57 min.

SERVINGS



10

CALORIES



86 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 teaspoons five-spice powder chinese
- ☐ 1 tablespoon canola oil
- ☐ 2.5 cups carrots chopped
- ☐ 1.5 tablespoons real maple syrup
- ☐ 1 tablespoon miso paste
- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup roasted cashews
- ☐ 0.8 teaspoon sea salt fine

- ☐ 0.3 cup soy milk
- ☐ 0.5 cup spring water filtered

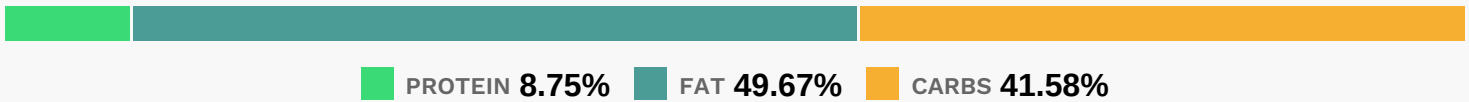
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat canola oil in a large saucepan over medium high heat. Cook carrots and onion, stirring occasionally, until carrots are tender and onions are translucent. Do not allow the onions to brown.
- ☐ Add water, and bring to a boil. Cover, and simmer for 15 minutes; set aside to cool.
- ☐ When mixture is cool enough to process safely, transfer to a blender or food processor.
- ☐ Add soy milk, miso paste, cashews, salt, maple syrup, and Chinese five-spice powder. Blend until smooth. Cover, and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:8.5852174020332%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 85.76kcal (4.29%), Fat: 4.98g (7.66%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 7.87g (2.86%), Sugar: 4.42g (4.91%), Cholesterol: 0mg (0%), Sodium: 265.38mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin A: 5372.69IU (107.45%), Manganese: 0.22mg (10.78%), Copper: 0.19mg (9.65%), Vitamin K: 8.15µg (7.76%), Magnesium: 25.44mg (6.36%), Fiber: 1.51g (6.03%),

Phosphorus: 53.59mg (5.36%), Vitamin B2: 0.09mg (5.36%), Potassium: 185.94mg (5.31%), Vitamin B6: 0.1mg (4.86%), Iron: 0.83mg (4.61%), Vitamin E: 0.67mg (4.47%), Vitamin C: 3.33mg (4.03%), Zinc: 0.59mg (3.95%), Folate: 15.36µg (3.84%), Calcium: 33.24mg (3.32%), Vitamin B1: 0.05mg (3.31%), Vitamin B3: 0.65mg (3.27%), Vitamin B5: 0.2mg (1.96%), Selenium: 1.18µg (1.68%), Vitamin B12: 0.07µg (1.08%)