

Easy Vegan Macaroni and Cheeze

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings pepper black to taste
- 1 pinch ground pepper
- 0.5 teaspoon ground mustard dry
- 0.5 teaspoon garlic powder
- 1 tablespoon juice of lemon
- 1 teaspoon miso white (or additional salt)
- 0.8 cup nutritional yeast
- 1 teaspoon onion powder

- 1 pound noodles gluten-free cooked (regular or)
- 3 tablespoons potato flour
- 1 teaspoon salt to taste ()
- 0.5 teaspoon paprika smoked
- 1 cup non-dairy milk plain fat-free (may use other non-dairy milk)
- 2 tablespoons tahini
- 0.5 teaspoon turmeric
- 1.3 cups water

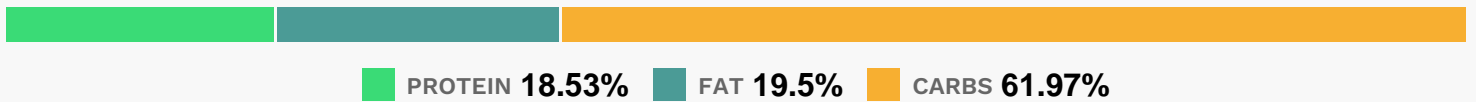
Equipment

- frying pan
- blender

Directions

- Put the pasta on to boil, according to package directions. While it's cooking, blend water and all remaining ingredients together in a blender. When the pasta is al dente, drain it, reserving about 1/2 cup of the cooking water, and return the pasta to pan.
- Add the sauce mixture and cook, stirring, until mixture boils and thickens.
- Add a little of the pasta water if more moistness is needed. If the sauce is not as flavorful as you'd like, add a little more mustard and onion powder.

Nutrition Facts



Properties

Glycemic Index:28.99, Glycemic Load:8.41, Inflammation Score:-7, Nutrition Score:6.3130434881086%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 156.33kcal (7.82%), Fat: 3.42g (5.26%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 21.7g (7.89%), Sugar: 1.31g (1.46%), Cholesterol: 0mg (0%), Sodium: 339.27mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Selenium: 17.39µg (24.84%), Manganese: 0.23mg (11.62%), Fiber: 2.74g (10.95%), Copper: 0.18mg (8.76%), Iron: 1.47mg (8.16%), Vitamin B3: 1.55mg (7.76%), Phosphorus: 72.43mg (7.24%), Vitamin B6: 0.14mg (6.92%), Vitamin B1: 0.1mg (6.73%), Potassium: 213.06mg (6.09%), Calcium: 56.75mg (5.68%), Vitamin E: 0.84mg (5.61%), Vitamin B12: 0.32µg (5.32%), Vitamin B2: 0.08mg (4.77%), Folate: 18.94µg (4.74%), Magnesium: 18.11mg (4.53%), Zinc: 0.61mg (4.06%), Vitamin C: 3.23mg (3.92%), Vitamin A: 186.57IU (3.73%), Vitamin D: 0.35µg (2.36%)