



## Lemon Tofu Cream



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

SIDE DISH

### Ingredients

- 2 inch ginger fresh peeled
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon sea salt fine
- 8 ounces silken tofu firm drained
- 1 tablespoon vegetable oil

### Equipment

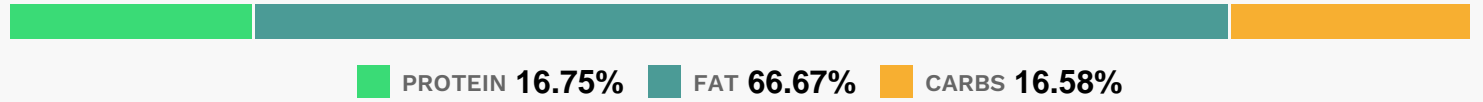
- food processor
- bowl

cheesecloth

## Directions

- Finely grate ginger; place ginger on several layers of damp cheesecloth. Gather edges of cheesecloth together; squeeze over a small bowl to extract 1 teaspoon ginger juice.
- Combine ginger juice, lemon juice, oil, salt, and tofu in a food processor; process until smooth.

## Nutrition Facts



## Properties

Glycemic Index:1.88, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.9908695663123%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 32.85kcal (1.64%), Fat: 2.49g (3.83%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 147.02mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Copper: 0.06mg (3.17%), Vitamin K: 3.13µg (2.98%), Magnesium: 9.2mg (2.3%), Vitamin B1: 0.03mg (1.98%), Vitamin C: 1.54mg (1.87%), Phosphorus: 18.47mg (1.85%), Potassium: 62.18mg (1.78%), Iron: 0.25mg (1.38%), Zinc: 0.16mg (1.04%)