



Low Fat Vegan Nacho Cheese



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 tsp pepper black



1 dash cayenne pepper



2 tsp cornstarch



0.5 tsp cumin



0.5 tsp juice of lemon



2 tsp miso paste yellow



2 tbsp nutritional yeast



0.5 tsp onion powder

- ☐ 0.3 cup cashew pieces raw
- ☐ 0.3 cup roasted bell pepper red
- ☐ 0.5 tsp salt

Equipment

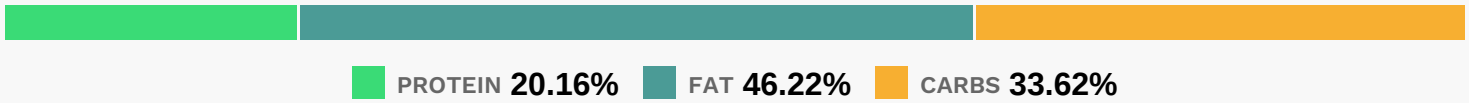
- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a food processor and process until smooth and creamy.
- ☐ Transfer to a saucepan and cook over medium heat, stirring occassionally and allowing the cheese to thicken.

- Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 30g
- ☐ Carbohydrate
- ☐ 80gDietary Fiber1.60gSugars0.60gProtein3.70g

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:3.420869546416%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 72.46kcal (3.62%), Fat: 3.97g (6.11%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 4.9g (1.78%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 524.11mg (22.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Copper: 0.21mg (10.37%), Manganese: 0.2mg (10.16%), Magnesium: 27.53mg (6.88%), Fiber: 1.59g (6.37%), Iron: 1.11mg (6.15%), Phosphorus: 56.99mg (5.7%), Vitamin C: 4.46mg (5.41%), Potassium: 157.61mg (4.5%), Zinc: 0.59mg (3.91%), Vitamin K: 3.88µg (3.69%), Vitamin B6: 0.06mg (2.98%), Vitamin B1: 0.04mg (2.84%), Selenium: 1.93µg (2.76%), Calcium: 12.59mg (1.26%), Vitamin A: 62.41IU (1.25%), Folate: 4.38µg (1.09%)