

Macadamia Cream



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 ounces macadamia nuts raw
- ☐ 15 servings salt
- ☐ 1 cup water
- ☐ 0.5 teaspoon xanthan gum

Equipment

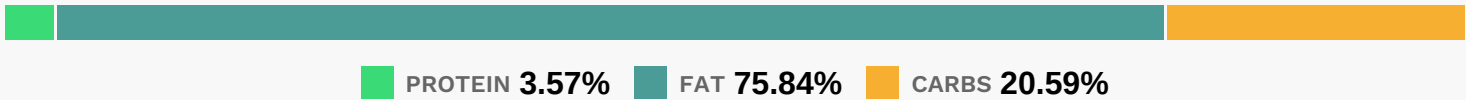
- ☐ bowl

- ☐ sieve
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ In a bowl, cover the macadamia nuts with the water. Cover with plastic wrap and let stand at room temperature overnight.
- ☐ Pour the nuts and water into a blender and puree. Strain the nut milk through a fine sieve into a bowl, pressing on the solids to extract as much milk as possible.
- ☐ Rinse out the blender and return the strained milk to it.
- ☐ Add the lime juice and agave nectar. With the machine on, add the xanthan gum and blend until the cream is light and airy, about 1 minute. Scrape the cream into a bowl and season with salt.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.95565218356964%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 32.06kcal (1.6%), Fat: 2.87g (4.42%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.34g (0.49%), Sugar: 1.14g (1.27%), Cholesterol: 0mg (0%), Sodium: 197.73mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Manganese: 0.16mg (7.84%), Vitamin B1: 0.05mg (3.14%), Fiber: 0.41g (1.64%), Copper: 0.03mg (1.58%), Magnesium: 5.17mg (1.29%)