



Macadamia Nut "Ricotta"



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 1 juice of lemon
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups macadamia nuts raw
- ☐ 0.5 cup water

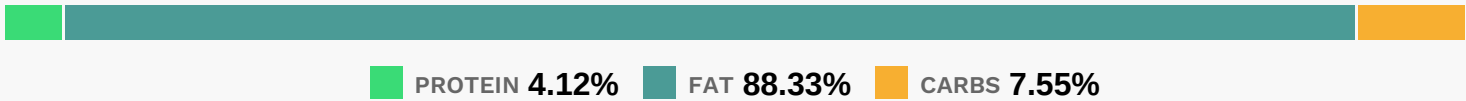
Equipment

- ☐ food processor
- ☐ blender
- ☐ spatula

Directions

- ☐ In a food processor or a high powered blender, purée the ingredients together until smooth.
- ☐ If necessary, scrape down the sides with a spatula and/or add a bit more water. The resulting texture should resemble—you guessed it!—ricotta cheese.
- ☐ KA-POW!
- ☐ Amplify the color and flavor by mixing in 1/4 teaspoon of smoked paprika. Or add minced sundried tomatoes and fresh basil.
- ☐ This "ricotta" will keep for up to a week in an airtight container in the fridge.
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Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:10.152173794239%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 321.81kcal (16.09%), Fat: 33.86g (52.09%), Saturated Fat: 5.39g (33.68%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 390.85mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Manganese: 1.85mg (92.34%), Vitamin B1: 0.54mg (35.66%), Copper: 0.34mg (17.1%), Fiber: 3.86g (15.43%), Magnesium: 58.57mg (14.64%), Iron: 1.66mg (9.2%), Phosphorus: 84.37mg (8.44%), Vitamin B6: 0.13mg (6.26%), Vitamin B3: 1.11mg (5.55%), Potassium: 169.6mg (4.85%), Vitamin B2: 0.07mg (4.3%), Calcium: 39.1mg (3.91%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.35mg (3.45%), Vitamin C: 2.47mg (3%), Selenium: 1.61µg (2.31%), Vitamin E: 0.25mg (1.66%), Folate: 5.91µg (1.48%)