



Meltable Mozzarella Vegan Cheese Alternative



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



3

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 8 cups ice water
- ☐ 1 tablespoon carrageenan powder
- ☐ 2 teaspoons salt
- ☐ 6 tablespoons tapioca flour/starch
- ☐ 0.5 cup water
- ☐ 1 cup nondairy yogurt plain unsweetened whole homemade store-bought (there is a version in Artisan Vegan Cheese or options are available from Soy & Co or Wildwood)

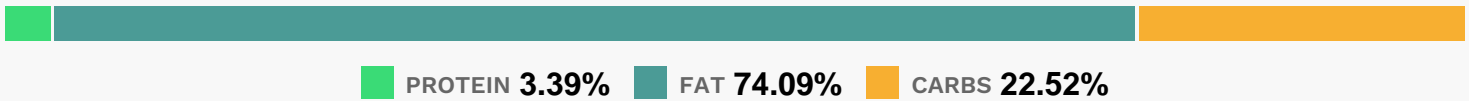
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Put the yogurt, water, oil, and 1 teaspoon of the salt in a blender.Process until smooth and creamy, occasionally stopping to scrape down the blender jar and move the mixture toward the blades.
- ☐ Transfer to a clean glass bowl or container, cover, and let rest at room temperature for 8 to 24 hours, until mildly sharp in flavor.
- ☐ Transfer to a heavy medium saucepan and whisk in the tapioca flour and carrageenan. For a stretchier consistency, whisk in the optional xanthan gum.Cook over medium heat, stirring almost constantly with the whisk, until very smooth, thick, gooey, and glossy, 3 to 5 minutes.To make a brine, put the ice water and remaining teaspoon of salt in a large bowl and stir until the salt dissolves.Form the cheese into balls using a small ice-cream scoop, dropping them into the brine as you go. They will harden almost instantly.Cover and refrigerate, keeping the cheese stored in the brine.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:6.3230435290252%

Nutrients (% of daily need)

Calories: 325.23kcal (16.26%), Fat: 27.54g (42.37%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 18.83g (6.85%), Sugar: 3.81g (4.23%), Cholesterol: 10.62mg (3.54%), Sodium: 2045.4mg (88.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Calcium: 354.93mg (35.49%), Vitamin E: 4.4mg (29.36%), Vitamin K: 17.91µg (17.06%), Phosphorus: 167.3mg (16.73%), Vitamin B2: 0.12mg (6.82%), Copper: 0.12mg (5.81%), Vitamin B12: 0.3µg (5.04%), Magnesium: 17.62mg (4.41%), Iron: 0.69mg (3.82%), Potassium: 130.9mg (3.74%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.32mg (3.18%), Selenium: 1.81µg (2.58%), Vitamin A: 80.85IU

(1.62%), Vitamin B1: 0.02mg (1.58%), Folate: 5.72µg (1.43%), Vitamin B6: 0.03mg (1.31%)