



Meltable Vegan Muenster



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



3

CALORIES



315 kcal

SIDE DISH

Ingredients



0.3 cup canola oil



1 tablespoon carrageenan powder



1 tablespoon nutritional yeast



1 teaspoon salt



0.3 cup 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)

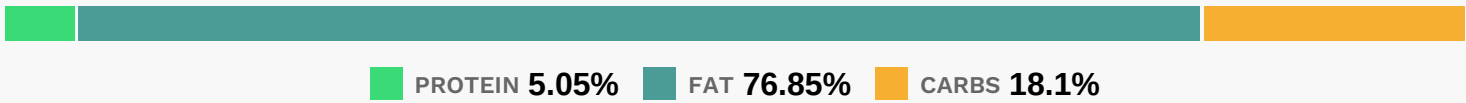
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Put all the ingredients in a blender. Process until smooth and creamy,occasionally stopping to scrape down the blender jar and move the mixture toward the blades.
- ☐ Pour the mixture into a heavy medium saucepan.Cook over medium heat, stirring almost constantly with a wire whisk, until very smooth, thick, gooey, and glossy, 3 to 5 minutes. It's important to cook it until there is an obvious sheen, or the cheese won't melt well.
- ☐ Pour the mixture into a glass or nonreactive metal mold and smooth the top.
- ☐ Let cool completely at room temperature.Cover and refrigerate for at least 3 hours, until firm.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:6.1078260476175%

Nutrients (% of daily need)

Calories: 314.63kcal (15.73%), Fat: 27.65g (42.54%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 14.02g (5.1%), Sugar: 3.81g (4.23%), Cholesterol: 10.62mg (3.54%), Sodium: 1238.7mg (53.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Calcium: 335.52mg (33.55%), Vitamin E: 4.4mg (29.36%), Vitamin K: 17.91µg (17.06%), Phosphorus: 166.52mg (16.65%), Vitamin B2: 0.12mg (6.82%), Potassium: 179.54mg (5.13%), Vitamin B12: 0.3µg (5.04%), Iron: 0.76mg (4.21%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.32mg (3.18%), Magnesium: 11.29mg (2.82%), Selenium: 1.81µg (2.58%), Fiber: 0.63g (2.53%), Vitamin A: 80.85IU (1.62%), Vitamin B1: 0.02mg (1.58%), Folate: 5.72µg (1.43%), Vitamin B6: 0.03mg (1.31%)