



Sunflower-Soy Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cranberries dried
- 2 teaspoons ginger fresh chopped
- 2 tablespoons ground cinnamon
- 1 cup roasted salted (soy nuts)
- 1 cup roasted sunflower seeds
- 1 pinch salt
- 2 teaspoons vanilla extract

Equipment

food processor

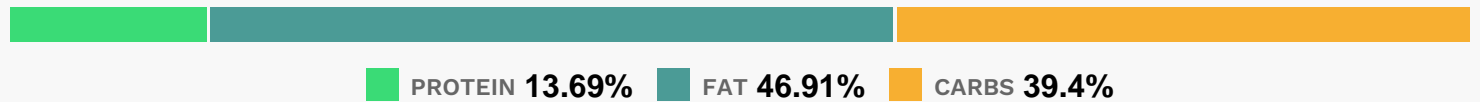
bowl

Directions

Grind soy nuts in a food processor until finely chopped; add sunflower seeds, and grind until fine.

Remove the nuts from the food processor, then grind the dried cranberries until fine. Return nuts to the bowl of the food processor along with vanilla, cinnamon, ginger, and salt. Pulse to mix thoroughly. With the processor running, slowly pour in the water until the mixture reaches a spreadable consistency.

Nutrition Facts



Properties

Glycemic Index:11.93, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:30.435217276863%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 511.95kcal (25.6%), Fat: 28.75g (44.22%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 54.32g (18.11%), Net Carbohydrates: 41.11g (14.95%), Sugar: 32.93g (36.59%), Cholesterol: 0mg (0%), Sodium: 481.62mg (20.94%), Alcohol: 0.92g (100%), Alcohol %: 0.76% (100%), Protein: 18.87g (37.75%), Manganese: 2.46mg (122.81%), Vitamin E: 17.52mg (116.83%), Phosphorus: 660.28mg (66.03%), Selenium: 39.79µg (56.85%), Copper: 1.09mg (54.68%), Fiber: 13.21g (52.84%), Folate: 136.73µg (34.18%), Vitamin B5: 3.34mg (33.37%), Iron: 5.49mg (30.48%), Magnesium: 112.17mg (28.04%), Vitamin B6: 0.52mg (25.86%), Zinc: 3.15mg (21%), Vitamin B2: 0.31mg (17.99%), Vitamin K: 17.14µg (16.32%), Potassium: 564.88mg (16.14%), Vitamin B1: 0.24mg (15.99%), Calcium: 155.22mg (15.52%), Vitamin B3: 2.4mg (12.01%), Vitamin C: 1.82mg (2.21%)