



## The Jackson Bowl with Vegan Comeback Sauce

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon pepper black
- 0.3 teaspoon ground pepper to taste (or )
- 2 cups brown rice cooked
- 2 cloves garlic
- 2 tablespoons golden raisins
- 8 tablespoons sauce
- 12 ounces the salad chopped

- 2 tablespoons juice of lemon
- 1 tablespoon maple syrup
- 3 cups turtle beans red prepared cooked
- 0.5 small onion finely chopped
- 2 tablespoons pecans chopped
- 0.3 cup cashew pieces raw
- 0.5 teaspoon salt to taste (or )
- 1 pinch salt smoked generous
- 6 ounce silken tofu
- 0.5 tablespoon soya sauce (or wheat-free tamari)
- 1 teaspoon spicy brown mustard
- 1 large sweet potatoes and into cubed peeled
- 0.5 cup tomato purée
- 1 tablespoon vinegar white
- 1 teaspoon worcestershire sauce

## Equipment

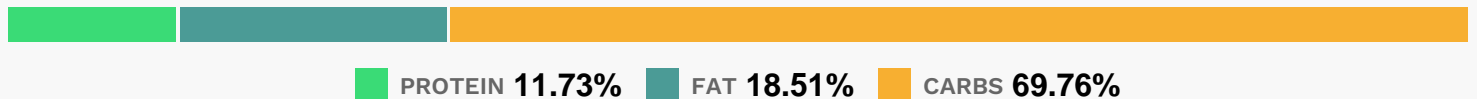
- bowl
- baking sheet
- baking paper
- oven
- blender

## Directions

- Place all ingredients into a high-speed blender and blend until completely smooth. Refrigerate for at least an hour to allow flavors to blend. Stir before using, adding a little water if sauce is too thick. Excellent as a dipping sauce or salad dressing. Makes about 1 1/2 cups. Red Beans: Start with already-prepared Easy Red Beans or season your own red beans by sauteing 1 diced onion, 2 chopped ribs of celery, 1/2 diced bell pepper, and 3-4 cloves minced garlic until onion is softened.

- Add the cooked beans, a little water, and 1 to 2 teaspoons (or more to taste) of Cajun or Creole seasoning. Simmer for at least 20 minutes to allow flavors to combine. Sweet Potato Croutons: Preheat oven to 400 F.
  - Combine maple syrup, soy sauce, and smoked salt in a large bowl.
  - Add diced sweet potato and toss to coat.
  - Spread on a baking sheet lined with a silicone mat or parchment paper.
  - Place 1/2 cup cooked grain on the bottom of each bowl and top with 1/2 cup red beans.
  - Add a healthy layer of greens, some Comeback Sauce, and another 1/4 cup of red beans. Top with sweet potato croutons, more sauce, and a sprinkling of chopped pecans or walnuts.
- Enjoy!

## Nutrition Facts



### Properties

Glycemic Index:40.05, Glycemic Load:9.09, Inflammation Score:-10, Nutrition Score:12.774347543716%

### Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

### Nutrients (% of daily need)

Calories: 153.3kcal (7.67%), Fat: 3.26g (5.02%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 24.66g (8.97%), Sugar: 7.18g (7.97%), Cholesterol: 0mg (0%), Sodium: 304.75mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Vitamin A: 4417.05IU (88.34%), Manganese: 0.69mg (34.28%), Vitamin C: 22.38mg (27.13%), Folate: 77.7µg (19.42%), Magnesium: 59.54mg (14.88%), Copper: 0.28mg (14.01%), Potassium: 430.99mg (12.31%), Fiber: 3.02g (12.07%), Phosphorus: 112.3mg (11.23%), Iron: 1.83mg (10.19%), Vitamin B6: 0.18mg (9.12%), Vitamin B1: 0.11mg (7.27%), Zinc: 0.97mg (6.45%), Calcium: 56.96mg (5.7%), Vitamin B3:

1.08mg (5.38%), Vitamin B2: 0.08mg (4.93%), Vitamin B5: 0.49mg (4.92%), Vitamin E: 0.36mg (2.39%), Vitamin K:  
2.14µg (2.04%), Selenium: 1.23µg (1.75%)