



Toasted Cashew Butter

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



99 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 9.3 oz planters cashew halves with pieces, toasted canned
- 2 Tbsp honey
- 2 Tbsp planters peanut oil
- 30 raspberries
- 15 stoned wheat crackers halved

Equipment

- food processor

Directions

- Place cashews in food processor container; cover. Process until cashews are ground, stopping and stirring as needed. With motor running, gradually add oil through feed tube at top of food processor, processing after each addition; process until smooth.
- Top each cracker half with 1 tsp. of the cashew butter and 1 raspberry.
- Drizzle evenly with honey.

Nutrition Facts

PROTEIN 9.65% **FAT 63.24%** **CARBS 27.11%**

Properties

Glycemic Index:5.17, Glycemic Load:1.83, Inflammation Score:-2, Nutrition Score:3.591304336715%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 99.08kcal (4.95%), Fat: 7.36g (11.32%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.37g (2.32%), Sugar: 2.82g (3.14%), Cholesterol: 0mg (0%), Sodium: 12.67mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Copper: 0.29mg (14.56%), Manganese: 0.24mg (11.94%), Magnesium: 38.99mg (9.75%), Phosphorus: 78.71mg (7.87%), Iron: 0.94mg (5.23%), Zinc: 0.78mg (5.17%), Vitamin K: 4.71µg (4.49%), Vitamin B1: 0.06mg (3.76%), Selenium: 2.63µg (3.76%), Fiber: 0.73g (2.91%), Vitamin B6: 0.06mg (2.84%), Potassium: 92.16mg (2.63%), Vitamin E: 0.36mg (2.37%), Vitamin B5: 0.12mg (1.25%), Vitamin C: 0.86mg (1.04%)