



Tofu and Red Pepper Spread

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



44 kcal

SIDE DISH

Ingredients

- 0.3 cup cashew pieces
- 1 tablespoon mustard dijon-style prepared
- 0.3 cup onion chopped
- 1 small bell pepper red
- 10 ounce silken tofu drained
- 1 teaspoon soya sauce

Equipment

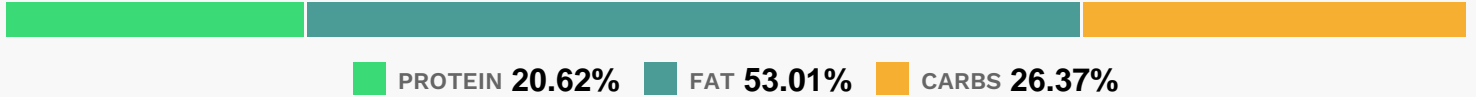
- food processor

blender

Directions

Using a blender or food processor, thoroughly mix silken tofu, red bell pepper, cashews, onion, prepared Dijon-style mustard and soy sauce. Blend until smooth and creamy. Chill in the refrigerator 1 hour, or until thickened. Use more cashews to make the mixture thicker, if desired.

Nutrition Facts



Properties

Glycemic Index:13.12, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:2.945217402085%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 44.17kcal (2.21%), Fat: 2.73g (4.2%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.14g (1.26%), Cholesterol: 0mg (0%), Sodium: 52.41mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 9.8mg (11.87%), Copper: 0.16mg (7.89%), Magnesium: 23.03mg (5.76%), Phosphorus: 48.56mg (4.86%), Manganese: 0.09mg (4.69%), Vitamin A: 232.84IU (4.66%), Vitamin B1: 0.06mg (3.7%), Iron: 0.6mg (3.32%), Potassium: 104.39mg (2.98%), Zinc: 0.43mg (2.89%), Vitamin B6: 0.05mg (2.48%), Selenium: 1.4µg (2%), Fiber: 0.46g (1.85%), Vitamin K: 1.87µg (1.78%), Folate: 5.45µg (1.36%), Vitamin B2: 0.02mg (1.36%), Calcium: 12.88mg (1.29%), Vitamin B3: 0.24mg (1.2%), Vitamin E: 0.16mg (1.08%)