



## Tofu-Cashew Mayonnaise

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



32

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 tablespoons juice of lemon
- 1 teaspoon mustard prepared
- 0.1 teaspoon granulated onion
- 2 ounces cashew pieces raw
- 32 servings salt to taste
- 12.3 ounce silken tofu firm (see note)

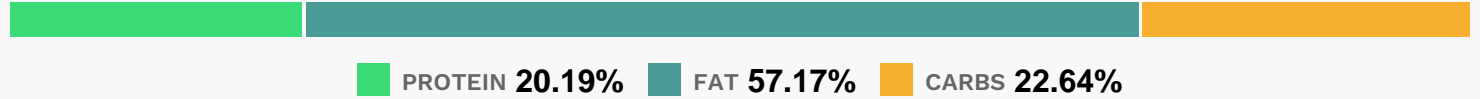
### Equipment

- blender

## Directions

- Drain water from tofu and place it and all other ingredients except salt in a high-speed blender. Blend at highest speed until light and creamy.
- Add salt to taste and blend again. Seal tightly and keep refrigerated. Stir before each use.

## Nutrition Facts



## Properties

Glycemic Index:1.79, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.74695651913467%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 16.22kcal (0.81%), Fat: 1.08g (1.66%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 196.29mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Copper: 0.06mg (3.1%), Magnesium: 8.51mg (2.13%), Phosphorus: 17.57mg (1.76%), Manganese: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.27%), Iron: 0.21mg (1.18%), Zinc: 0.16mg (1.08%)