



Vegan Mayonnaise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 12 g agave nectar raw (21 g)
- ☐ 90 ml canola oil
- ☐ 1.5 teaspoons dijon mustard
- ☐ 195 g extra-firm tofu pressed drained
- ☐ 15 ml juice of lemon
- ☐ 35 g cashew pieces raw fine
- ☐ 1 teaspoon rice wine vinegar
- ☐ 0.5 teaspoon sea salt

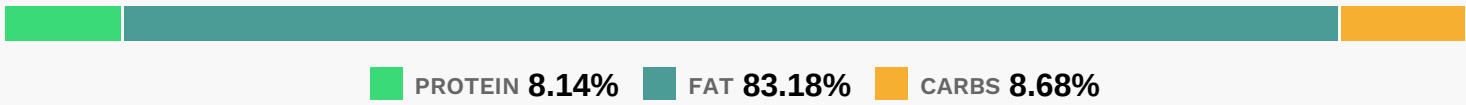
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place the tofu, cashews, lemon juice, sugar, mustard, vinegar, and salt in a blender or food processor and process until smooth.
- ☐ Slowly drizzle in the oil and pulse until you get the consistency that you like.
- ☐ Store in an airtight container in the refrigerator for up to 2 weeks.
- ☐ From The Best Veggie Burgers on the Planet: 101 Globally Inspired Vegan Creations Packed with Fresh Flavors and Exciting New Tastes by Joni Marie Newman. Text © 2011 by Joni Marie Newman; photography © 2011 Rockport Publishers. Published by Fair Winds Press.

Nutrition Facts



Properties

Glycemic Index:17.15, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:2.3808695306273%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 144.59kcal (7.23%), Fat: 13.69g (21.05%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 157.25mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Vitamin E: 1.92mg (12.83%), Vitamin K: 9.44µg (8.99%), Copper: 0.1mg (4.87%), Manganese: 0.08mg (3.87%), Iron: 0.6mg (3.36%), Magnesium: 13.37mg (3.34%), Calcium: 32.94mg (3.29%), Phosphorus: 27.15mg (2.72%), Zinc: 0.26mg (1.74%), Selenium: 1.22µg (1.74%), Fiber: 0.39g (1.55%), Vitamin B1: 0.02mg (1.5%), Vitamin C: 1.03mg (1.25%), Vitamin B6: 0.02mg (1.16%)