



Vegan Tofu Sour Cream

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

SIDE DISH

Ingredients

- 2 teaspoons apple cider vinegar
- 1 tablespoon canola oil
- 4 teaspoons juice of lemon to taste
- 0.5 teaspoon salt
- 10.5 ounces silken tofu low-fat, firm crumbled
- 1 teaspoon sugar white

Equipment

- blender

Directions

- Blend tofu, lemon juice, canola oil, apple cider vinegar, sugar, and salt in a blender until smooth and creamy; refrigerate.

Nutrition Facts

PROTEIN 18.37% FAT 63.61% CARBS 18.02%

Properties

Glycemic Index:11.01, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:0.84956521249336%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg 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: 30.94kcal (1.55%), Fat: 2.21g (3.4%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.84g (0.94%), Cholesterol: 0mg (0%), Sodium: 117.84mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Copper: 0.06mg (3.11%), Magnesium: 8.81mg (2.2%), Vitamin B1: 0.03mg (2.02%), Phosphorus: 18.7mg (1.87%), Vitamin E: 0.25mg (1.65%), Potassium: 56.4mg (1.61%), Iron: 0.25mg (1.38%), Zinc: 0.16mg (1.04%)