

Cashew cream cheese with chives

Description

Creamy, tangy, rich and delicious, this cashew based cream cheese is perfect as a dip for crackers or crudite' and when spread on a toasted bagel and topped with Smoky Carrot Strips. For best results, allow to chill in the refrigerator for a couple of hours before serving.

Recipe group	Additional name	Diet factors	Portions	Portion size
Condiment	CJFE	VG, GF	12	2.10 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	13.80 oz	0%	13.80 oz	Cashews, raw, halves	Place the cashews in a large bowl. Bring 6 cups of water (not listed) to a boil and add to the bowl with cashews. Allow to sit for 25-30 minutes. Drain well and discard the soaking water.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/4 cup	1.99 oz	0%	1.99 oz	Vegan Yogurt, Soy, Plain	Transfer to a strong blender with the yogurt, coconut oil, lemon juice, nutritional yeast, vinegar, salt, onion powder, and ¼ cup water. Blend until very smooth, adding small amounts of water as needed, and being careful not to burn out the motor.
	1/4 cup	1.96 oz	0%	1.96 oz	Oil, Coconut, melted	
	5 tbsp	2.59 oz	59%	6.28 oz	Lemons, juice	
	1 tbsp	0.32 oz	0%	0.32 oz	Yeast, Nutritional	
	1 tbsp	0.50 oz	0%	0.50 oz	Vinegar, Apple Cider	
	1 1/4 tsp	0.12 oz	0%	0.12 oz	Salt, Kosher	
	1 tsp	0.08 oz	0%	0.08 oz	Onion, powder	
	6 tbsp	3 oz	0%	3 oz	Water	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 tbsp	0.78 oz	5%	0.82 oz	Chives, fresh, chopped	Transfer to a bowl with ¼ cup of the chives and mix well. Garnish with the remaining chives before serving.

RECIPE IMAGES



Cashew cream cheese with chives

MEMO

This recipe was commissioned by the Center for Jewish Food Ethics, developed by Chef Mark Reinfeld, and tested by chefs at Humane World for Animals.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories		Minerals			
		% of energy						
Total fat	19.00 g	73.79 %	227.67 kcal		Salt	0.29 g		
Saturated	6.37 g	24.75 %	952.56 kJ		Salt	0.49 %	Vitamins	
Monounsaturated	8.06 g	31.29 %			Sodium	115.53 mg	Vitamin A	4.02 µg
Polyunsaturated	2.64 g	10.27 %			Phosphorus	195.57 mg	Vitamin D	0.06 µg
Trans fatty acids	0.00 g	0.01 %			Potassium	230.19 mg	Thiamine	0.14 mg
Cholesterol	0.00 mg				Iron	2.23 mg	Riboflavin	0.02 mg
Linolenic acid	2.62 g	10.18 %			Calcium	21.24 mg	Niacin	0.36 mg
Alpha-linolenic acid	1.46 mg	0.01 %			Zinc	1.95 mg	Vitamin B6	0.14 mg
Total Carbohydrate	10.98 g	19.60 %			Chloride	0.00 mg	Vitamin B12	0.00 µg
Sugars total	2.38 g				Chromium	0.00 µg	Folate	0.00 µg
Added sugar	0.00 g	0.00 %			Fluoride	0.00 mg	Biotin	0.00 µg
Lactose	0.00 g				Magnesium	96.61 mg	Choline	0.00 mg
Fiber	1.19 g	1.00 %			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %			Iodine	0.00 µg	Vitamin C	4.27 mg
Sugar alcohol	0.00 g	0.00 %			Selenium	6.54 µg	Vitamin E	0.31 mg
Starch	7.66 g	13.67 %			Copper	0.72 mg	Vitamin K	15.07 µg
Protein	6.19 g	11.05 %						
Alcohol	0.00 g	0.00 %						
							Others	
							Water	21.22 g

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.