

Vegan Nut Roast

Yield: 10 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/best-vegan-nut-roast-recipe-for-christmas>

Ingredients:

- 2 cups mixed nuts Cashews, Almonds, Walnuts, Pecans, Brazil Nuts
- 1 cup cremini mushrooms
- 2 tablespoons olive oil
- 1 onion Finely Chopped
- 1 teaspoon crushed garlic
- 2 stalks celery Finely Chopped
- 1 cup grated carrot
- 1/4 cup tomato paste
- 2 tablespoons dark soy sauce
- 2/3 cup panko breadcrumbs
- 2 tablespoons flaxseed meal Ground
- 1 teaspoon garlic powder
- 1/4 cup finely chopped parsley

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 16 grams
3. Fat: 18 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 480 milligrams
8. Sugar: 4 grams

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