

Vegan Garlic Alfredo Sauce

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-cashew-sauce-noodle-recipe>

Ingredients:

- 1 white onion medium, chopped, MAKE SURE to measure out 1 1/2 cups, 200g b/c this is where lots of flavor comes
- 2 cups low sodium vegetable broth separated, 240-480 mL
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper
- 4 large garlic cloves EXTRA, minced, 15g, don't skimp because hey, flavor! You should NOT need to be adding extra garlic if you use th...
- 1/2 cup unsalted cashews 75 g, 2.6 oz, soaked overnight in hot water if you don't have a high powered blender, otherwise your result w...
- 2 tablespoons lemon juice don't omit, as this omits any cashew flavor!
- 4 tablespoons nutritional yeast more or less if preferred, as it is an acquired taste. Make sure to use a non-synthetic version so it...
- cashews
- sauce

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 45 grams
3. Fat: 26 grams
4. Fiber: 12 grams
5. Protein: 19 grams
6. SaturatedFat: 5 grams
7. Sodium: 1010 milligrams
8. Sugar: 13 grams

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