

Nut-Free Vegan Garlic Alfredo Sauce

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-vegetable-sauce-recipe>

Ingredients:

- 1/4 cup yukon gold potato cooked/mashed, 58 g, cook the potato, peel and then measure 1/4 cup mashed
- 1 yellow onion packed cup, 160 g finely chopped white/, make sure to measure for accurate results
- 1/2 cup water
- 3 large garlic cloves extra, 12 g, use less if sensitive
- 1 1/2 cups water
- 3 tablespoons Tahini 42 g, I love and highly recommend Simple Truth brand from Kroger, use cashew butter if you hate tahini and don't...
- 2 tablespoons nutritional yeast 16 g
- 2 tablespoons brown rice flour 20 g
- 2 tablespoons applesauce
- 2 teaspoons apple cider vinegar 10 mL
- 1 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- peas optional
- veggies optional
- Zoodles
- Tahini

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 25 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams

7. Sodium: 820 milligrams

8. Sugar: 5 grams

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