

Vegan "Sour Cream" CP

(V"SC"CPt)

Production Date: Wednesday, 4/15/2015

Production Shift: [all Meals]

Times

Prep Time:

Cooking Time:

Temperatures

Cooking Temp:

Internal Temp:

Production Amount

Yield: 1 14 oz batch

Portions: 1 Cup + 1/2 Cup

Ingredients and Instructions

(Key Name)

Raw Organic Cashew Pieces <i>Soak overnight</i>	1 Cup + 1/2 Cup	(106186-8)
Water	1 Cup	(abc)
Lemons <i>Use juice only</i>	1 Tablespoon	(FLEMONS-X)
Cider Vinegar	1.5 Teaspoon	(27716)
Sea Salt	0.5 Teaspoon	(15929)

1. Drain the cashews after they soak over night in water.
2. Place the nuts in a food processor or blender.
3. Add the lemon juice, vinegar and salt. Mix on high until the mixture starts to become smooth.
4. Slowly add the water until you reach your desired consistency.
5. Place in the refrigerator to chill. The product will thicken as it sits.

Vegan "Sour Cream" Tablespoon

Nutrition Facts	
Serving Size 1 Tablespoon (15g)	
Serving Per Container 1	
Amount Per Serving	
Calories 0	
% Daily Values*	
Total Fat 0	0 %
Saturated Fat 0	0 %
Trans Fat 0	%
Polyunsaturated Fat 0	%
Monounsaturated Fat 0	%
Cholesterol less than 5 milligrams	0 %
Sodium 40mg	2 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0g	0 %
Sugars 0g	%
Protein 0g	0 %
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
Vitamin E 0%	• Vitamin B6 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	• Carbohydrates 4 • Protein 4

INGREDIENTS Water, Raw Organic Cashew Pieces, Cider Vinegar (Ingredients Cider Vinegar (Reduced with Water to 5% Acidity).), Lemons , Sea Salt (Ingredients Salt).

The information provided here is for informational purposes only, and depending on data conditions may not comply with applicable regulatory guidelines

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