

Vegan Sour Cream Substitute

(1 lb)



Ingredients:

150.0 grams Nuts, cashew nuts, raw
0.5 grams Salt, table
10.0 grams Lemon juice, raw
5.0 grams Vinegar, distilled
290 grams Water

Preparation/Cooking Instructions:

Blend all ingredients for 3 minutes or until creamy.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.22052424
Sweetness: 0.054612473
Sourness: 0.023132635
Bitterness: 0.23152943
Umami: 0.20419939
Richness: 0.397432

Glycemic Load & Inflammation Profile:

Inflammation Load: 300.8231
Glycemic Load: 11.612857
Complete Protein (g) 9.221014

Nutritional Content Per Pound (Bounds set @ +/-25% of Sour Cream Values):

Protein : 27.367998, g, OUT OF BOUNDS: TOO HIGH VS. 11.747249603271484
---Adjusted Protein : 0.0, g
Total lipid (fat) : 65.774994, g, OUT OF BOUNDS: TOO LOW VS. 67.18064575195312
Carbohydrate, by difference : 46.149998, g, OUT OF BOUNDS: TOO HIGH VS.
16.344000244140624
Ash : 4.335, g
Energy : 832.9, kcal
---Energy : 3485.3, kj
Starch : 35.235, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
Sugars, total : 9.106999, g, OUT OF BOUNDS: TOO LOW VS. 11.917499542236328
---Sucrose : 8.715, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
---Glucose (dextrose) : 0.075, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
---Fructose : 0.075, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
---Lactose : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 11.917499542236328
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 4.99, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
Water : 21.613, g, OUT OF BOUNDS: TOO LOW VS. 253.536279296875
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 56.62, mg, OUT OF BOUNDS: TOO LOW VS. 374.55
Iron, Fe : 10.02615, mg, OUT OF BOUNDS: TOO HIGH VS. 0.9647500038146972
Magnesium, Mg : 438.655, mg, OUT OF BOUNDS: TOO HIGH VS. 56.75
Phosphorus, P : 890.3, mg, OUT OF BOUNDS: TOO HIGH VS. 652.625
Potassium, K : 1002.54, mg, OUT OF BOUNDS: TOO HIGH VS. 800.175048828125
Sodium, Na : 211.99, mg, OUT OF BOUNDS: TOO LOW VS. 272.4
Zinc, Zn : 8.676, mg, OUT OF BOUNDS: TOO HIGH VS. 2.1564998626708984

Copper, Cu : 3.2958498, mg, OUT OF BOUNDS: TOO HIGH VS. 0.10782499313354492
 Fluoride, F : 0.01, mcg, OUT OF BOUNDS: TOO HIGH VS. 0.0
 Manganese, Mn : 2.4865499, mg, OUT OF BOUNDS: TOO HIGH VS. 0.06242499351501465
 Selenium, Se : 29.885498, mcg, OUT OF BOUNDS: TOO HIGH VS. 14.75500030517578
 Vitamin A, IU : 2.0, IU, OUT OF BOUNDS: TOO LOW VS. 2121.31484375
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 592.47001953125
 Vitamin A, RAE mcg_RAEVitamin A, : 0.1, RAE, OUT OF BOUNDS: TOO LOW VS.
 599.27998046875
 Carotene, beta : 0.3, mcg, OUT OF BOUNDS: TOO LOW VS. 88.5300048828125
 Carotene, alpha : 0.0, mcg
 Thiamin (B-1) : 0.63750005, mg, OUT OF BOUNDS: TOO HIGH VS. 0.2042999744415283
 Riboflavin (B-2) : 0.088, mg, OUT OF BOUNDS: TOO LOW VS. 0.5856600284576416
 Niacin (B-3) : 1.603, mg, OUT OF BOUNDS: TOO HIGH VS. 0.6185750007629395
 Pantothenic acid (B-5) : 1.3063, mg
 Vitamin B-6 (Pyridoxal) : 0.6306, mg, OUT OF BOUNDS: TOO HIGH VS. 0.3234750032424927
 Folate, total : 38.8, mcg
 Vitamin B-12 (Cobalamin) : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.9534000396728516
 ---Vitamin B-12 : 0.0, mcg
 Vitamin C, total ascorbic acid : 5.35, mg, OUT OF BOUNDS: TOO HIGH VS. 5.107500076293945
 Vitamin D : 0.0, IU, OUT OF BOUNDS: TOO LOW VS. 47.66999816894531
 Vitamin E : 0.0, mg
 ---Vitamin E (alpha-tocopherol) : 1.3649999, mg, OUT OF BOUNDS: TOO LOW VS.
 1.498200035095215
 Vitamin K (phylloquinone) : 51.149998, mcg, OUT OF BOUNDS: TOO HIGH VS.
 10.21500015258789
 Cholesterol : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 177.060009765625
 Choline, total : 0.51, mg, OUT OF BOUNDS: TOO LOW VS. 65.3760009765625
 Cryptoxanthin, beta : 1.7, mcg, OUT OF BOUNDS: TOO HIGH VS. 0.0
 Lutein + zeaxanthin : 33.9, mcg, OUT OF BOUNDS: TOO HIGH VS. 0.0
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.044999998, mg, OUT OF BOUNDS: TOO HIGH VS. 0.0
 Tocopherol, gamma : 7.965, mg, OUT OF BOUNDS: TOO HIGH VS. 0.22699997425079346
 Tocopherol, delta : 0.54, mg, OUT OF BOUNDS: TOO HIGH VS. 0.0
 Folic acid : 0.0, mcg
 Folate, food : 38.8, mcg
 Folate, DFE mcg_DFEFolate, : 38.8, DFE
 Betaine : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 2.043000030517578
 Alanine g (helps enlarged : 1.2555001, prostate), OUT OF BOUNDS: TOO HIGH VS.
 0.556149959564209
 Arginine g (good for mitigating fatty : 3.1844997, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.5618249893188476
 Aspartic acid : 2.6924999, g, OUT OF BOUNDS: TOO HIGH VS. 1.259850025177002
 Cystine : 0.5895, g, OUT OF BOUNDS: TOO HIGH VS. 0.1418750047683716
 Glutamic acid : 6.759, g, OUT OF BOUNDS: TOO HIGH VS. 3.234749984741211
 Glycine : 1.4054999, g, OUT OF BOUNDS: TOO HIGH VS. 0.3631999969482422
 Histidine : 0.684, g, OUT OF BOUNDS: TOO HIGH VS. 0.44265003204345704
 Isoleucine : 1.1834999, g, OUT OF BOUNDS: TOO HIGH VS. 0.7831499576568604

Leucine : 2.208, g, OUT OF BOUNDS: TOO HIGH VS. 1.549275016784668
 Lysine : 1.392, g, OUT OF BOUNDS: TOO HIGH VS. 1.3222749710083008
 Methionine : 0.543, g, OUT OF BOUNDS: TOO HIGH VS. 0.3745499849319458
 Phenylalanine : 1.4265, g, OUT OF BOUNDS: TOO HIGH VS. 0.7547750473022461
 Proline : 1.2179999, g
 Hydroxyproline : 0.0, g
 Serine : 1.6185, g, OUT OF BOUNDS: TOO HIGH VS. 0.9136749267578125
 Tryptophan : 0.4305, g, OUT OF BOUNDS: TOO HIGH VS. 0.19862499237060546
 Threonine : 1.0320001, g, OUT OF BOUNDS: TOO HIGH VS. 0.6809999942779541
 Tyrosine : 0.762, g, OUT OF BOUNDS: TOO HIGH VS. 0.7320749759674072
 Valine : 1.641, g, OUT OF BOUNDS: TOO HIGH VS. 0.9363750457763672
 Fatty acids, total trans : 0.0, g
 ---Fatty acids, total trans-monoenoic : 0.0, g
 16:1 t (trans-Palmitoleic acid) : 0.0, g
 18:1 t (trans-Oleic acid) : 0.0, g
 22:1 t (trans-Erucic acid) : 0.0, g
 ---Fatty acids, total trans-polyenoic : 0.0, g
 18:2 t not further defined : 0.0, g
 18:2 t,t : 0.0, g
 Fatty acids, total saturated : 11.6744995, g, OUT OF BOUNDS: TOO LOW VS. 39.18133544921875
 4:0 (Butyric acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 2.315399932861328
 6:0 (Caproic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 1.3688100814819335
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.022499999, g, OUT OF BOUNDS: TOO LOW VS.
 0.6809999942779541
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.022499999, g, OUT OF BOUNDS: TOO LOW VS.
 1.5220350265502929
 12:0 (Lauric acid) : 0.022499999, g, OUT OF BOUNDS: TOO LOW VS. 1.774005126953125
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.022499999, g, OUT OF BOUNDS: TOO LOW VS. 5.921294403076172
 15:0 (Pentadecanoic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.5686349868774414
 16:0 (Palmitic acid) : 5.8739996, g, OUT OF BOUNDS: TOO LOW VS. 17.171415710449217
 17:0 (Margaric acid) : 0.069, g, OUT OF BOUNDS: TOO LOW VS. 0.32688002586364745
 18:0 (Stearic acid) : 4.8345003, g, OUT OF BOUNDS: TOO LOW VS. 7.443330383300781
 20:0 (Arachidic acid) : 0.399, g, OUT OF BOUNDS: TOO HIGH VS. 0.1475499987602234
 24:0 (Lignoceric acid) : 0.1515, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
 22:0 (Behenic acid) : 0.2595, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
 Fatty acids, total monounsaturated : 35.695503, g, OUT OF BOUNDS: TOO HIGH VS.
 28.760897827148437
 14:1 : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.48351001739501953
 15:1 : 0.0, g
 16:1 undifferentiated : 0.20400001, g, OUT OF BOUNDS: TOO LOW VS. 1.0146900177001954
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.13619998693466187
 18:1 undifferentiated : 35.2845, g, OUT OF BOUNDS: TOO HIGH VS. 25.86097412109375
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.20699999, g, OUT OF BOUNDS: TOO HIGH VS. 0.17592499256134034
 22:1 undifferentiated : 0.0, g

24:1 c (Nervonic acid) : 0.0, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 11.7675, g, OUT OF BOUNDS: TOO HIGH VS.
 4.766999816894531
 18:2 ---undifferentiated (n-6=Linoleic acid) : 11.673, g, OUT OF BOUNDS: TOO HIGH VS.
 3.4447250366210938
 18:2 n-6 c,c (Linoleic acid) : 0.0, g
 18:2 i : 0.0, g
 18:2 CLAs : 0.0, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.092999995, g, OUT OF BOUNDS: TOO LOW VS.
 0.3439050197601318
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.2826149702072144
 18:3 n-6 c,c,c (Linolenic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.06128999590873718
 18:3i : 0.0, g
 18:4 : 0.0, g
 20:2 n-6 c,c : 0.0, g
 20:3 undifferentiated : 0.0, g
 20:3 n-3 : 0.0, g
 20:3 n-6 : 0.0, g
 20:4 undifferentiated : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.10896000862121583
 20:4 n-6 (Arachidonic acid) : 0.0, g
 20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0, g
 21:5 : 0.0, g
 22:4 : 0.0, g
 22:5 n-3 : 0.0, g
 22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g
 Phytosterols : 0.0, mg
 ---Stigmasterol (a phytosterol) : 0.0, mg
 ---Campesterol (a phytosterol) : 0.0, mg
 Beta-sitosterol : 0.0, mg

Number of nutrients above maximum target limits: 51
 Number of nutrients within target limits: 54
 Number of nutrients below minimum target limits: 35