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Vegan Mac and "Cheeze" ♦♦

A delicious vegan version of the classic mac and cheese dish. Made with plant-based ingredients, this recipe is perfect for vegans and those looking for a healthier alternative. The creamy "cheeze" sauce is made from cashews and nutritional yeast, giving it a rich and cheesy flavor.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	macaroni
150 g	Cashews
50 g	Nutritional Yeast
1 tsp	garlic powder
1 tsp	onion powder

1 tsp	turmeric
1 tsp	salt
0.5 tsp	black pepper
250 ml	Water

Directions

Step 1

Boiling

Cook the macaroni according to package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the cashews, nutritional yeast, garlic powder, onion powder, turmeric, salt, black pepper, and water. Blend until smooth and creamy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

In a saucepan, heat the "cheeze" sauce over medium heat until warm and slightly thickened.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Mixing

Pour the "cheeze" sauce over the cooked macaroni and stir until well coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Nutritional Content

High Protein Low Fat Low Carb High Fiber Low Sodium Sugar-Free
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker
Pressure Cooker Air Fryer Food Processor

Course

Appetizers

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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