

Organic Cashews - Raw Pieces

Country of Origin: Vietnam

Certified Organic

Pro-Cert

Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (30 g) / par 1/4 tasse (30 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 15 g	23 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 5 g	2 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 1 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	8 %
Iron / Fer	8 %

Factoid:

Cashew nuts are seeds found at the bottom of the cashew apple. They are related to pistachios and mangos. Cashews are rich in copper, iron, magnesium, manganese, selenium, zinc and potassium. Cashews have recently become very popular for soaking and blending to create a mild-tasting rich cream for plant-based cooking and baking.

Ingredients:

Organic cashews

Allergen Information:

Contains tree nuts.



Recipe:

**left coast
ORGANICS**

Spinach Cashew Salad

Ingredients:

1/2 lb bacon

1/2 C cashew

3/4 C spinach

1/2 head lettuce, about 1 C bagged

1/2 C mozzarella cheese, grated

2/3 C oil

1/3 C sugar

1/3 C red wine vinegar

1/4 tsp dry mustard

1 1/2 tsp red onions, finely grated

1 Tbl poppy seeds

Instructions:

1. Chop bacon and fry until crisp.
2. Drain on paper towel to remove as much excess fat as possible. Wash spinach and lettuce then tear leaves into bite size pieces.
3. Place in salad bowl. Add cashews, grated cheese, and crumbled bacon.
4. Toss when ready to serve. Serve with poppy seed dressing.
5. Poppy Seed Dressing: Place all ingredients in blender and blend until smooth. Or, finely grate onion, add remaining ingredients and beat with mixer until well blended.

