

Japanese Sesame Steak Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 clove garlic minced
- 1.5 teaspoons ground ginger
- 1 tablespoon mayonnaise
- 1 pinch paprika
- 2 tablespoons soya sauce
- 0.3 cup tahini

Equipment

- bowl

whisk

Directions

Whisk the tahini, soy sauce, mayonnaise, garlic, ginger, and paprika together in a bowl. Gradually stir the water into the mixture until you reach a desired consistency. Refrigerate until ready to use.

Nutrition Facts



PROTEIN 11.54% **FAT 74.32%** **CARBS 14.14%**

Properties

Glycemic Index:27.5, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:5.0156521873306%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 121.7kcal (6.09%), Fat: 10.62g (16.33%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.21g (0.23%), Cholesterol: 1.47mg (0.49%), Sodium: 530.56mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin B1: 0.25mg (16.41%), Manganese: 0.31mg (15.39%), Phosphorus: 133.42mg (13.34%), Copper: 0.26mg (13.02%), Selenium: 5.84µg (8.34%), Vitamin B3: 1.28mg (6.41%), Iron: 1.05mg (5.84%), Vitamin K: 5.74µg (5.47%), Zinc: 0.77mg (5.16%), Magnesium: 19.72mg (4.93%), Folate: 16.63µg (4.16%), Fiber: 0.91g (3.63%), Potassium: 102.11mg (2.92%), Vitamin B6: 0.06mg (2.77%), Calcium: 25.5mg (2.55%), Vitamin B2: 0.03mg (2.04%), Vitamin C: 0.87mg (1.05%)