



Low-Fat Tahini-Chickpea Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



26 kcal

SIDE DISH

Ingredients

- 10 servings pepper black freshly ground to taste
- 0.3 cup chickpeas
- 2 cloves garlic
- 2 teaspoons ginger minced
- 1 tablespoon ground flaxseed
- 0.3 cup juice of lemon
- 1 tablespoon nutritional yeast
- 0.5 tablespoon soya sauce gluten-free

1 tablespoon tahini

0.5 cup water

Equipment

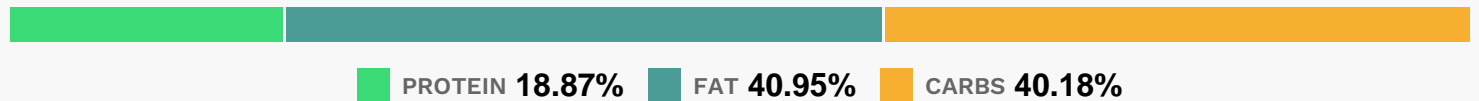
blender

Directions

Place all ingredients into blender and process on high speed until thoroughly blended. Refrigerate until well chilled. Dressing will continue to thicken while chilling.

Add extra water by the teaspoon if dressing is too thick.

Nutrition Facts



Properties

Glycemic Index:14.98, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.4817391230684%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 25.5kcal (1.28%), Fat: 1.25g (1.93%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 52.12mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Manganese: 0.09mg (4.43%), Fiber: 0.83g (3.33%), Vitamin C: 2.69mg (3.26%), Vitamin B1: 0.04mg (2.9%), Copper: 0.06mg (2.76%), Folate: 10.59µg (2.65%), Phosphorus: 26.1mg (2.61%), Magnesium: 7.47mg (1.87%), Iron: 0.32mg (1.77%), Potassium: 53.09mg (1.52%), Selenium: 0.95µg (1.36%), Vitamin B6: 0.02mg (1.21%), Zinc: 0.18mg (1.2%)