



Sauced: Tahini Paste

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup olive oil plus more as necessary
- ☐ 2 cups sesame seed

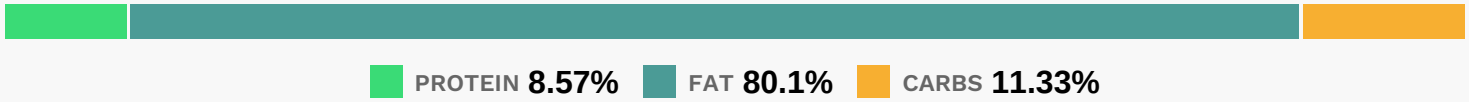
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees.
- ☐ Place sesame seeds in a rimmed sheet pan and cook until lightly toasted toast, but not browned, about 5 minutes, tossing seeds ever couple of minutes with a spatula.
- ☐ Remove from the oven and let cool slightly.
- ☐ Place sesame seeds in workbowl of a food processor with olive oil. Process until smooth and paste as consistence slightly thinner than peanut butter, adding more oil if necessary. Store in an airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:2.04, Inflammation Score:-7, Nutrition Score:21.888695772575%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 392.58kcal (19.63%), Fat: 36.83g (56.67%), Saturated Fat: 5.13g (32.09%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 5.82g (2.12%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 5.74mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.73%), Copper: 2.04mg (102.05%), Manganese: 1.23mg (61.5%), Calcium: 487.62mg (48.76%), Magnesium: 175.5mg (43.88%), Iron: 7.34mg (40.79%), Phosphorus: 314.5mg (31.45%), Vitamin B1: 0.4mg (26.37%), Zinc: 3.88mg (25.83%), Selenium: 17.2µg (24.57%), Fiber: 5.9g (23.6%), Vitamin B6: 0.4mg (19.75%), Vitamin E: 1.85mg (12.35%), Folate: 48.5µg (12.13%), Vitamin B3: 2.26mg (11.29%), Vitamin B2: 0.12mg (7.26%), Vitamin K: 7.22µg (6.88%), Potassium: 234.12mg (6.69%)