



Sesame Butter (Vegan, Gluten-Free, Nut-Free)



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



386 kcal

SIDE DISH

Ingredients



0.5 tsp garlic salt



1 tbsp sesame seed toasted



0.3 cup vegan margarine



1 tsp vegan worcestershire sauce (anchovy-free)

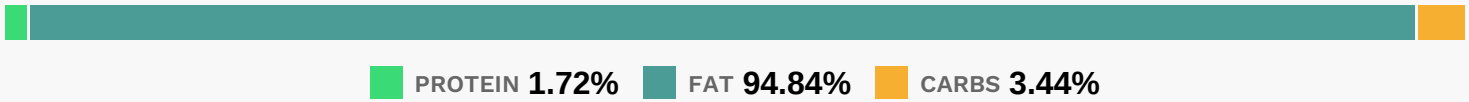
Equipment

Directions

☐

Mix all ingredients together.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:10.511739139%

Nutrients (% of daily need)

Calories: 385.58kcal (19.28%), Fat: 40.99g (63.06%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 1606.72mg (69.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin E: 10.95mg (73.03%), Vitamin A: 2163.29IU (43.27%), Vitamin K: 31.42µg (29.92%), Copper: 0.38mg (19.01%), Manganese: 0.22mg (11.22%), Calcium: 94.89mg (9.49%), Iron: 1.64mg (9.1%), Magnesium: 32.4mg (8.1%), Phosphorus: 62.47mg (6.25%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.71mg (4.75%), Selenium: 3.13µg (4.47%), Fiber: 1.06g (4.25%), Vitamin B6: 0.07mg (3.55%), Potassium: 106.18mg (3.03%), Folate: 9.21µg (2.3%), Vitamin B3: 0.45mg (2.24%), Vitamin B2: 0.03mg (1.77%)