



Tahini Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



179 kcal

SAUCE

Ingredients

- 0.1 teaspoon garlic powder
- 2 teaspoon juice of lemon fresh
- 0.3 teaspoon salt
- 0.3 cup tahini paste
- 0.3 cup water

Equipment

- whisk

Directions

Whisk together 1/4 cup tahini paste*, 1/4 cup water, 2 tsp. fresh lemon juice, 1/8 tsp. garlic powder and 1/4 tsp. salt.

Nutrition Facts

PROTEIN 10.97% **FAT 74.59%** **CARBS 14.44%**

Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:6.9065217017803%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 179.32kcal (8.97%), Fat: 15.92g (24.49%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 5.49g (2%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 302.83mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin B1: 0.48mg (31.93%), Copper: 0.49mg (24.49%), Phosphorus: 238.18mg (23.82%), Selenium: 10.37µg (14.82%), Zinc: 1.4mg (9.32%), Vitamin B3: 1.7mg (8.49%), Folate: 30.49µg (7.62%), Iron: 1.34mg (7.46%), Magnesium: 29.25mg (7.31%), Fiber: 1.44g (5.77%), Calcium: 43.82mg (4.38%), Potassium: 145.15mg (4.15%), Vitamin C: 3.2mg (3.88%), Vitamin B6: 0.05mg (2.52%), Vitamin B2: 0.04mg (2.18%)