



## Tahini Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



244 kcal

SAUCE

## Ingredients

- 1 tablespoon cilantro leaves fresh finely chopped
- 0.3 cup water
- 2 garlic clove
- 0.3 cup olive oil
- 1 tablespoon parsley fresh finely chopped
- 0.3 cup juice of lemon fresh
- 0.5 teaspoon sea salt to taste fine
- 0.5 cup tahini (Middle Eastern sesame paste)

0.3 teaspoon ground cumin

## Equipment

whisk

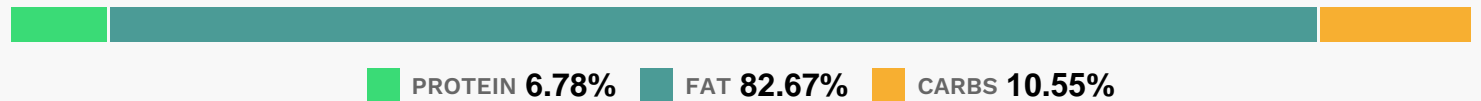
## Directions

Mince garlic, then mash to a paste with sea salt.

Whisk together garlic paste and remaining ingredients until combined well.

· Tahini sauce can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.8, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:7.5547827041667%

## Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 243.6kcal (12.18%), Fat: 23.6g (36.3%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.54g (2.01%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 242.77mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Vitamin B1: 0.39mg (25.95%), Copper: 0.4mg (19.85%), Phosphorus: 193.74mg (19.37%), Vitamin K: 19.9µg (18.95%), Selenium: 8.45µg (12.07%), Vitamin C: 8.77mg (10.63%), Vitamin E: 1.59mg (10.61%), Zinc: 1.15mg (7.64%), Iron: 1.27mg (7.08%), Folate: 28.08µg (7.02%), Vitamin B3: 1.39mg (6.96%), Magnesium: 24.99mg (6.25%), Fiber: 1.24g (4.96%), Calcium: 39.68mg (3.97%), Potassium: 138.52mg (3.96%), Vitamin B6: 0.06mg (2.98%), Vitamin B2: 0.03mg (1.99%), Vitamin A: 91.22IU (1.82%), Manganese: 0.03mg (1.38%)