



Tahini Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



241 kcal

SAUCE

Ingredients

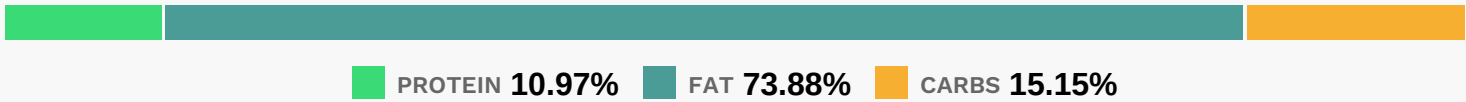
- ☐ 2 tsp parsley fresh minced
- ☐ 3 cloves roasted garlic raw (or 5 cloves roasted garlic)
- ☐ 0.3 cup juice of lemon fresh to taste ()
- ☐ 0.3 tsp salt to taste ()
- ☐ 1 cup tahini light (made from colored seeds)
- ☐ 0.8 cup water lukewarm for consistency

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Tahini Sauce
- ☐ Ingredients1 cup tahini sesame seed paste (made from light colored seeds)3/4 cup lukewarm water, or more for consistency3 cloves raw garlic (or 5 cloves roasted garlic)1/4 cup fresh lemon juice (or more to taste)1/4 tsp salt (or more to taste)2 tsp fresh parsley, minced (optional)
- ☐ Total Time: 15 Minutes
- ☐ Servings: 1 1/2 – 2 of cups tahini sauce
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:9.4969563853482%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 241.28kcal (12.06%), Fat: 21.24g (32.67%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 7.86g (2.86%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 112.75mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin B1: 0.64mg (42.76%), Copper: 0.65mg (32.75%), Phosphorus: 319.13mg (31.91%), Selenium: 13.98µg (19.98%), Zinc: 1.87mg (12.49%), Vitamin B3: 2.28mg (11.38%), Folate: 41.33µg (10.33%), Iron: 1.8mg (10.03%), Magnesium: 39.3mg (9.82%), Fiber: 1.94g (7.77%), Vitamin C: 6.13mg (7.43%), Calcium: 60.72mg (6.07%), Potassium: 200.29mg (5.72%), Vitamin B6: 0.08mg (4.17%), Vitamin B2: 0.05mg (3.01%), Manganese: 0.03mg (1.33%)