



The Greenest Tahini Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



77 kcal

SAUCE

Ingredients

- ☐ 0.5 cup parsley fresh
- ☐ 1 cup mint leaves fresh
- ☐ 2 garlic clove peeled
- ☐ 1 teaspoon kosher salt plus more
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 0.5 cup tahini (sesame seed paste)
- ☐ 1 bunch watercress thick trimmed

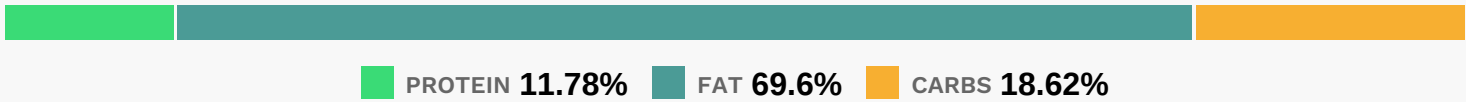
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Cook garlic in a medium saucepan of boiling salted water until slightly softened, about 30 seconds. Using a slotted spoon, transfer garlic to a bowl of ice water; let cool.
- ☐ Return water in saucepan to a boil. Cook watercress, mint, and parsley just until wilted, about 15 seconds; drain.
- ☐ Transfer watercress and herbs to ice water; let cool.
- ☐ Drain watercress, herbs, and garlic and squeeze between paper towels to remove as much moisture as possible; coarsely chop.
- ☐ Purée watercress, herbs, garlic, tahini, lemon juice, 1 teaspoon salt, and 3/4 cup water in a blender until smooth, thinning with more water as needed to reach desired consistency; season with salt and more lemon juice, if desired.
- ☐ DO AHEAD: Sauce can be made 3 days ahead. Cover and chill. Shake before using.
- ☐ Per serving: 80 calories, 6 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 9.4, Glycemic Load: 0.09, Inflammation Score: -5, Nutrition Score: 6.835217429244%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 6.71mg, Apigenin: 6.71mg, Apigenin: 6.71mg, Apigenin: 6.71mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg

Kaempferol: 0.62mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 77.1kcal (3.85%), Fat: 6.44g (9.91%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 2.82g (1.03%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 240.98mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 55.46µg (52.82%), Vitamin B1: 0.2mg (13.42%), Copper: 0.22mg (10.84%), Vitamin A: 531.93IU (10.64%), Phosphorus: 102.48mg (10.25%), Vitamin C: 8.35mg (10.12%), Selenium: 4.24µg (6.06%), Folate: 22.29µg (5.57%), Iron: 0.96mg (5.36%), Magnesium: 17.36mg (4.34%), Zinc: 0.65mg (4.32%), Fiber: 1.06g (4.23%), Vitamin B3: 0.8mg (4.02%), Manganese: 0.07mg (3.74%), Calcium: 36.4mg (3.64%), Potassium: 111.1mg (3.17%), Vitamin B2: 0.03mg (1.97%), Vitamin B6: 0.04mg (1.93%)