



Za'atar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



45 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons thyme dried
- 1 tablespoon ground cumin
- 1 teaspoon sea salt
- 1 tablespoon sesame seed
- 0.3 cup sumac powder

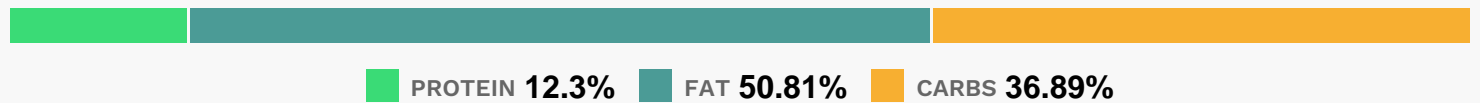
Equipment

- bowl
- frying pan

Directions

- Put the sesame seeds in a small dry skillet over medium heat. Toast the seeds, tossing the pan occasionally, until they become fragrant and start to lightly brown. Immediately transfer them to a bowl to cool; if you leave them to cool in the pan, they could burn.
- Stir in the sumac, thyme, cumin, and salt.
- Transfer to a small jar with a lid and store in a cool, dark place for up to 6 months.
- Reprinted with permission from Eat Your Vegetables: Bold Recipes for the Single Cook by Joe Yonan, © 2013 Ten Speed Press. JOE YONAN is the food and travel editor for The Washington Post, where he writes regular features, including the "Weeknight Vegetarian" column. He is the author of Eat Your Vegetables and
- Serve Yourself, which Serious Eats called "truly thoughtful, useful, and incredibly delicious." Yonan has won awards for writing and editing from the James Beard Foundation, the Association of Food Journalists, and the Society of American Travel Writers, and his work has been featured three times in the Best Food Writing anthology.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:9.4313043830511%

Nutrients (% of daily need)

Calories: 45.21kcal (2.26%), Fat: 2.95g (4.54%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 1170.42mg (50.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin K: 68.74µg (65.47%), Iron: 7.53mg (41.81%), Manganese: 0.52mg (25.8%), Calcium: 143.25mg (14.32%), Copper: 0.22mg (11.23%), Fiber: 2.27g (9.07%), Magnesium: 33.85mg (8.46%), Phosphorus: 48.17mg (4.82%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.7mg (4.69%), Vitamin A: 190.46IU (3.81%), Folate: 15.14µg (3.79%), Vitamin B6: 0.07mg (3.33%), Potassium: 105.16mg (3%), Vitamin E: 0.41mg (2.73%), Vitamin C: 2.23mg (2.7%), Vitamin B3: 0.52mg (2.58%), Selenium: 1.72µg (2.46%), Vitamin B2: 0.04mg (2.1%)