



TAHINI SAUCE

from themediterraneandish.com

 10 minutes

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 5 portions

INGREDIENTS

- 2 cloves of garlic, raw (6 g)
- 1/2 tsp of salt (3 g)
- 3/4 cup tahini paste (192 g)
- 1/2 cup of freshly squeezed lime juice (121 g), [or lemon juice, if you prefer]
- 1/4 cup cold water (59 g)
- 1 cup fresh chopped parsley leaves, stems removed (60 g) [optional]

COOKING METHOD

- 1° Using a mortar and pestle, crush the garlic cloves with the salt into a past [or mince the garlic and season with salt.]
- 2° Add the crushed garlic, tahini paste, and lime juice to the bowl of a food processor and blend [it will thicken as it emulsifies]. Add water and blend again until you reach the desired consistency.
- 3° Transfer the tahini to a serving bowl and stir in fresh chopped parsley [optional].

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (34 g)	% DRI
ENERGY	269 kcal	91 kcal	5 %
FAT	22 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	3 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	278 mg	95 mg	4 %
CARBOHYDRATE	14 g	5 g	2 %
SUGARS	1 g	0 g	—
FIBER	3 g	1 g	4 %
PROTEIN	8 g	3 g	—