



Nutritional Report

Recipe Name : **Green Tahini Sauce**

Recipe Category:

Author : **Ottolenghi**

Created : **February 16, 2015**

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Weight Per Portion

One portion of this dish weighs approximately 49.00 Grams

Nutritional Information Per Portion

	Content	%GDA	
Energy Kcal	30	1	<div><div></div></div>
Protein	1g	2	<div><div></div></div>
Other Carbohydrate	1g	1	<div><div></div></div>
Sugar	0g	0	<div><div></div></div>
Fat Saturated	0g	2	<div><div></div></div>
Fat Unsaturated	2g	4	<div><div></div></div>
Fiber	1g	2	<div><div></div></div>
Sodium	0g	8	<div><div></div></div>
Salt	1g	8	<div><div></div></div>

Recipe Alerts

Special Dietary Requirements Suitability:	<div><div> VEGAN Vegan</div><div> Vegetarian</div><div> KOSHER Kosher</div><div> HALAL Halal</div></div>
Allergen Warnings:	<div><div> Sesame</div></div>

Traffic Lights

<div><div>MED</div> Fat</div>	<div><div>LOW</div> Saturates</div>	<div><div>LOW</div> Sugar</div>	<div><div>MED</div> Salt</div>
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The Guideline Daily Allowances are defined by the **Food Information Regulator EU** October 2011.

Percentages based upon a daily energy intake of 2000 kcal.