

Creamy Zucchini with Tahini and Lemon

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Servings: 18

Yield: 2 1/4 cups

1 medium zucchini, trimmed and cut into two-inch pieces
1/2 cup extra-virgin olive oil
1 clove garlic
1/4 cup lemon juice
2 tablespoons tahini
2 tablespoons water, plus more as needed
1 tablespoon honey
1/2 teaspoon coarse salt

In a food processor or blender, combine all of the ingredients.

Whirl until smooth.

Per Serving (excluding unknown items): 69 Calories; 7g Fat (86.5% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	69
% Calories from Fat:	86.5%
% Calories from Carbohydrates:	11.0%
% Calories from Protein:	2.4%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 55mg
Potassium (mg): 39mg
Calcium (mg): 10mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 39IU
Vitamin A (r.e.): 4RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories 69 Calories from Fat: 60

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	1%
Vitamin C	4%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.