



CREAMY ASIAN DRESSING

4 portions

INGREDIENTS

- 1 container [7 oz] of yogurt, Greek, plain, lowfat [200 g] or 200 grams of alpro plain Soy Yogurt - Dairy free
- 1 tbsp of seeds, sesame butter, tahini, from unroasted kernels [non-chemically removed seed coat] [14 g]
- 1/2 cup of oil, sesame, salad or cooking [109 g]
- 1 tsp of salt, table [6 g]
- 3 cloves of garlic, raw [9 g]
- 1 tsp of ginger root, raw [2 g]
- 2 tbsps of seeds, sesame seeds, whole, dried [18 g]

COOKING METHOD

1° Blend all the ingredients together in small blender (Nutribullet)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (90 g)	% DRI
ENERGY	360 kcal	322 kcal	16 %
FAT	36 g	33 g	50 %
FATTY ACIDS, TOTAL SATURATED	5 g	5 g	24 %
CHOLESTEROL	3 mg	2 mg	1 %
SODIUM	660 mg	591 mg	25 %
CARBOHYDRATE	4 g	4 g	1 %
SUGARS	2 g	1 g	—
FIBER	1 g	1 g	5 %
PROTEIN	6 g	5 g	—