

Recipe Name **Avocado Tahini Burger Sauce**

- Ingredients:
- 1 ripe avocado
 - 3 Tbsp. Tahini
 - Juice of 1 lime
 - 1 clove garlic
 - 2 Tbsp. fresh basil
 - 2 Tbsp. filtered water
 - Salt & pepper to taste

Directions

1. Place all ingredients into blender and blend until smooth. If you have a small blender bowl or blender cup it will work best.

Nutrition Facts

Servings: 6

Amount per serving

Amount per serving	117	% Daily Value*
Calories	117	
		% Daily Value*
Total Fat 10.6g		14%
Saturated Fat 1.9g		10%
Cholesterol 0mg		0%
Sodium 11mg		0%
Total Carbohydrate 5.8g		2%
Dietary Fiber 3.3g		12%
Total Sugars 0.4g		
Protein 2g		
Vitamin D 0mcg		0%
Calcium 41mg		3%
Iron 1mg		5%
Potassium 207mg		4%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

