

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



Curried Tahini Sauce

Recipe makes: 18 servings

Prep time: 5 minutes

Nutrition info per serving	1/18 portion
Calories	55
Carbohydrate	2 g
Protein	1 g
Fat	5 g
Total Sugars	0.2 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Curried Tahini Sauce

Ingredients:

- 3 cloves (9 g) garlic, minced
- 1 Tbsp (15 g) lemon juice
- 2 Tbsp (27 g) olive oil
- 1/3 cup (79 g) bottled water
- 1/2 cup (120 g) tahini (sesame paste)
- 2 tsp (1 g) erythritol,
or another suitable no-calorie sweetener
- 1/2 tsp (3 g) sea salt
- 1/2 tsp (1.2 g) ground black pepper
- 1 Tbsp (14.9 g) curry sauce,
prepared with a little water
- 1 1/2 Tbsp (22.3 g) rice vinegar

Method:

1. Place all ingredients in a blender and blenderize until smooth.
2. Pour paste into a jar or a food container and chill until ready to use.



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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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