



10-Minute Homemade Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



99 kcal

SAUCE

Ingredients

- ☐ 0.5 cup creamy peanut butter
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons juice of lime
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup water

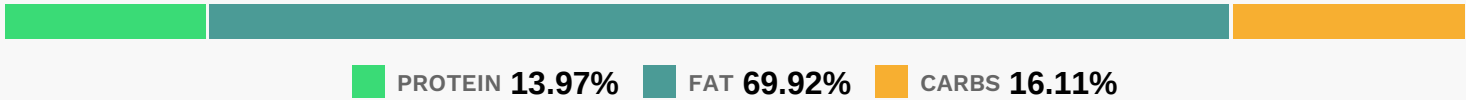
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 1-quart saucepan, mix all ingredients with wire whisk.
- ☐ Heat over medium heat, stirring occasionally, until smooth and warm.
- ☐ Use sauce immediately, or cover and refrigerate up to 3 days or freeze up to 2 months.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:3.4673912868552%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 99.26kcal (4.96%), Fat: 8.3g (12.77%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 106.72mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Manganese: 0.26mg (12.84%), Vitamin B3: 2.17mg (10.83%), Vitamin E: 1.49mg (9.94%), Magnesium: 28.81mg (7.2%), Phosphorus: 57.56mg (5.76%), Vitamin B6: 0.08mg (4.18%), Copper: 0.08mg (3.79%), Folate: 14.31µg (3.58%), Fiber: 0.88g (3.52%), Potassium: 102.8mg (2.94%), Zinc: 0.44mg (2.9%), Iron: 0.4mg (2.23%), Vitamin B2: 0.03mg (1.96%), Vitamin B5: 0.18mg (1.8%), Vitamin B1: 0.03mg (1.73%), Vitamin C: 1.42mg (1.72%), Calcium: 12.35mg (1.23%), Selenium: 0.81µg (1.16%)