



Almond Hoisin Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

SAUCE

Ingredients

- ☐ 0.3 cup smooth almond butter
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 teaspoons juice of lime
- ☐ 2 teaspoons soy sauce low-sodium

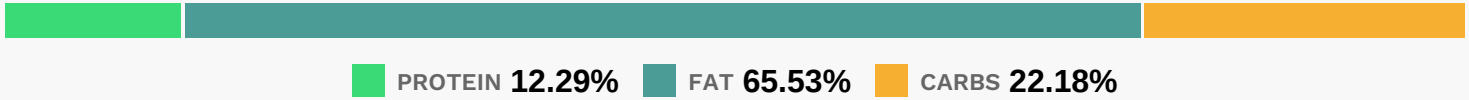
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk almond butter with 3 tbsp. water in a medium bowl; then whisk in hoisin, soy sauce, and lime juice. Season with salt if you like.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0365217227651%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.24kcal (2.31%), Fat: 3.58g (5.51%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.17g (1.3%), Cholesterol: 0.1mg (0.03%), Sodium: 88.3mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin E: 1.53mg (10.19%), Manganese: 0.15mg (7.29%), Magnesium: 18.98mg (4.74%), Vitamin B2: 0.07mg (4.01%), Phosphorus: 34.77mg (3.48%), Copper: 0.06mg (3.16%), Fiber: 0.74g (2.98%), Calcium: 23.15mg (2.32%), Potassium: 55.25mg (1.58%), Zinc: 0.22mg (1.5%), Iron: 0.26mg (1.47%), Vitamin B3: 0.25mg (1.24%), Folate: 4.59µg (1.15%)