



Apple Butter-Peanut Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



137 kcal

SAUCE

Ingredients

- ☐ 0.3 cup spiced apple butter
- ☐ 1.3 cups chicken broth
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 tablespoon ginger freshly grated
- ☐ 0.3 teaspoon salt

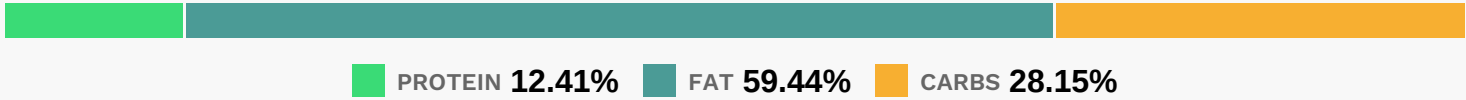
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a small saucepan over medium-high heat. Bring just to a boil; reduce heat, and simmer, uncovered, 2 minutes or until thickened, stirring constantly.
- ☐ Remove from heat; cool.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:4.0830434683872%

Nutrients (% of daily need)

Calories: 136.57kcal (6.83%), Fat: 9.55g (14.7%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.07g (3.3%), Sugar: 6.87g (7.64%), Cholesterol: 0.84mg (0.28%), Sodium: 319.94mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Manganese: 0.33mg (16.71%), Vitamin B3: 2.56mg (12.8%), Vitamin E: 1.7mg (11.37%), Magnesium: 32.53mg (8.13%), Phosphorus: 65.57mg (6.56%), Copper: 0.1mg (4.84%), Fiber: 1.11g (4.42%), Vitamin B6: 0.09mg (4.42%), Folate: 16.09µg (4.02%), Vitamin B2: 0.06mg (3.7%), Potassium: 127.88mg (3.65%), Zinc: 0.51mg (3.39%), Vitamin B1: 0.04mg (2.38%), Iron: 0.4mg (2.2%), Vitamin B5: 0.21mg (2.08%), Selenium: 0.98µg (1.41%), Calcium: 12.8mg (1.28%)