



Asian Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 0.5 teaspoon chile paste with garlic such as sambal oelek
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons rice wine vinegar

Equipment

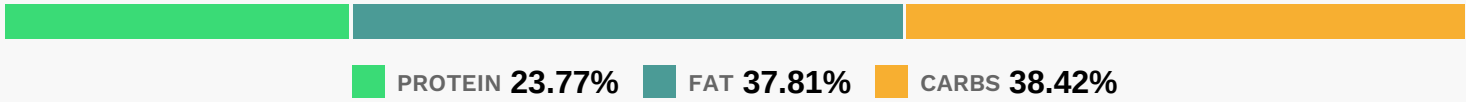
- ☐ bowl

whisk

Directions

Combine all ingredients in a small bowl; stir well with a whisk.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.2043477947945%

Nutrients (% of daily need)

Calories: 56.36kcal (2.82%), Fat: 2.12g (3.26%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.57g (1.66%), Sugar: 2.38g (2.64%), Cholesterol: 0mg (0%), Sodium: 1154.28mg (50.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Manganese: 0.17mg (8.4%), Magnesium: 23.9mg (5.97%), Phosphorus: 57.1mg (5.71%), Vitamin B2: 0.08mg (4.66%), Potassium: 133.81mg (3.82%), Folate: 14.57µg (3.64%), Vitamin B6: 0.06mg (2.96%), Iron: 0.49mg (2.74%), Vitamin B3: 0.42mg (2.11%), Zinc: 0.27mg (1.79%), Calcium: 14.96mg (1.5%), Copper: 0.03mg (1.36%), Vitamin E: 0.17mg (1.14%), Fiber: 0.28g (1.11%), Vitamin B5: 0.11mg (1.09%), Vitamin B1: 0.02mg (1.04%)