

Asian Lime and Cilantro Sauce For Salmon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



27 kcal

SIDE DISH

Ingredients



2 tablespoons cilantro leaves fresh chopped



0.3 cup juice of lime fresh



1 tablespoon soya sauce



1.5 teaspoons sugar white

Equipment

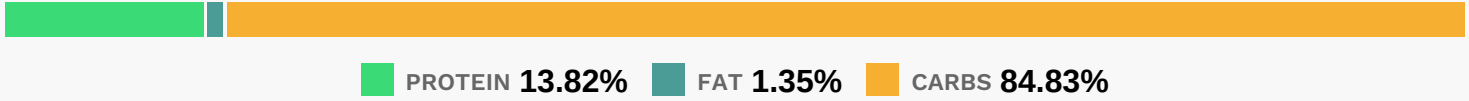


whisk

Directions

☐ Whisk together the lime juice, soy sauce, and sugar until sugar dissolves. Stir in the cilantro.

Nutrition Facts



Properties

Glycemic Index:58.55, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:1.7139130597529%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 27.13kcal (1.36%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.03%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.83g (4.26%), Cholesterol: 0mg (0%), Sodium: 503.76mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Vitamin C: 12.21mg (14.8%), Manganese: 0.05mg (2.7%), Vitamin B3: 0.42mg (2.09%), Potassium: 68.41mg (1.95%), Phosphorus: 17.54mg (1.75%), Magnesium: 6.93mg (1.73%), Vitamin B6: 0.03mg (1.7%), Folate: 5.9µg (1.48%), Iron: 0.26mg (1.44%), Vitamin K: 1.48µg (1.41%), Vitamin B2: 0.02mg (1.23%), Copper: 0.02mg (1.21%), Vitamin B1: 0.02mg (1.04%)