



Asian Peanut Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 garlic clove crushed
- ☐ 3 tablespoons brown sugar light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 0.5 cup peanut butter natural-style (such as Smucker's)
- ☐ 0.3 cup silken tofu firm reduced-fat

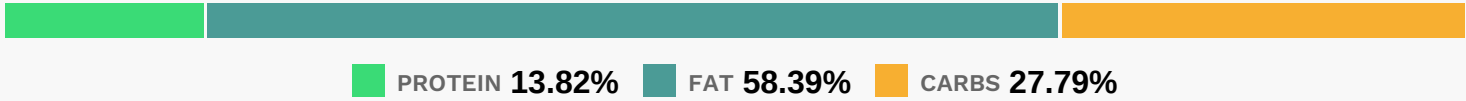
Equipment

blender

Directions

Place all ingredients in a blender, and process until smooth, scraping sides. Store in an airtight container in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:3.9404347856408%

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: 123.48kcal (6.17%), Fat: 8.54g (13.14%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.26g (3%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 217.18mg (9.44%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Manganese: 0.27mg (13.58%), Vitamin B3: 2.25mg (11.25%), Vitamin E: 1.54mg (10.28%), Magnesium: 33.95mg (8.49%), Phosphorus: 69.64mg (6.96%), Copper: 0.1mg (4.84%), Vitamin B6: 0.09mg (4.71%), Folate: 16.1µg (4.03%), Potassium: 138.59mg (3.96%), Fiber: 0.89g (3.54%), Zinc: 0.51mg (3.41%), Vitamin B2: 0.05mg (2.76%), Iron: 0.48mg (2.69%), Vitamin B1: 0.04mg (2.43%), Vitamin B5: 0.2mg (2%), Calcium: 18.19mg (1.82%), Vitamin C: 1.36mg (1.65%), Selenium: 0.87µg (1.24%)