

Best Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



200 kcal

SAUCE

Ingredients

- ☐ 0.5 cup crunchy peanut butter
- ☐ 1 clove garlic minced
- ☐ 2 drops pepper sauce hot
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup water
- ☐ 1 teaspoon sugar white

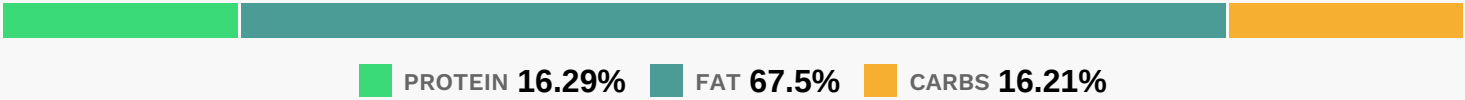
Equipment

- ☐ bowl

Directions

☐ In a small bowl, stir together peanut butter, soy sauce, sugar, hot pepper sauce and garlic until well mixed. Gradually stir in water until texture is smooth and creamy.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:0.83, Inflammation Score:-3, Nutrition Score:7.2573913317984%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 200.38kcal (10.02%), Fat: 16.12g (24.81%), Saturated Fat: 2.46g (15.34%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.04g (2.2%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 674.31mg (29.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.51%), Manganese: 0.64mg (31.91%), Vitamin B3: 4.78mg (23.9%), Magnesium: 55.71mg (13.93%), Vitamin E: 2.03mg (13.55%), Phosphorus: 115.78mg (11.58%), Fiber: 2.67g (10.68%), Copper: 0.21mg (10.29%), Vitamin B6: 0.16mg (8.14%), Folate: 31.34µg (7.84%), Potassium: 263.09mg (7.52%), Zinc: 0.95mg (6.34%), Iron: 0.84mg (4.68%), Selenium: 2.83µg (4.04%), Vitamin B5: 0.4mg (3.99%), Vitamin B2: 0.05mg (2.99%), Vitamin B1: 0.04mg (2.74%), Calcium: 18.61mg (1.86%)