



Cantonese Light Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1.5 tablespoons ginger fresh grated
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons scallions white minced (parts only)
- ☐ 1 teaspoon sesame oil toasted

- ☐ 1 tablespoon soya sauce
- ☐ 1 teaspoon sugar

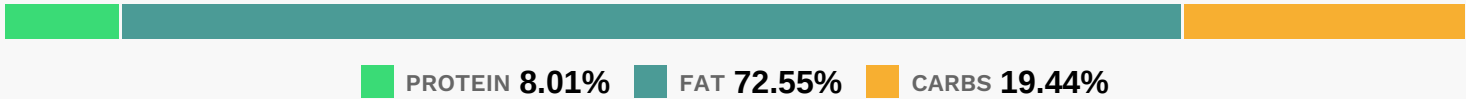
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a small bowl, combine 1/2 cup low-sodium chicken broth or water, 1 tablespoon dry white wine, 1 tablespoon soy sauce, 1 teaspoon sugar, 1 teaspoon toasted sesame oil, 1/2 teaspoon kosher salt, and 1 teaspoon cornstarch, stirring until the cornstarch dissolves.
- ☐ Place a wok or skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil and heat for 30 seconds.
- ☐ Add 2 tablespoons minced scallions (white parts only) and 1 1/2 tablespoons grated fresh ginger and stir-fry until fragrant, about 15 seconds.
- ☐ Add the cornstarch mixture and bring to a boil. Cook, stirring constantly to prevent lumps, until the sauce thickens slightly, about 1 1/2 minutes.
- ☐ Pour into a bowl.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:1.3660869332759%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 59.09kcal (2.95%), Fat: 4.71g (7.25%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.26g (1.4%), Cholesterol: 0mg (0%), Sodium: 552.04mg (24%), Alcohol: 0.39g (100%), Alcohol %: 0.98% (100%), Protein: 1.17g (2.34%), Vitamin K: 8.47µg (8.07%), Vitamin E: 0.54mg (3.61%), Vitamin B3: 0.62mg (3.11%), Manganese: 0.04mg (1.94%), Phosphorus: 17.44mg (1.74%), Potassium: 56.88mg (1.63%), Copper: 0.03mg (1.51%), Iron: 0.26mg (1.47%), Vitamin B2: 0.02mg (1.16%), Magnesium: 4.22mg (1.06%)