



WHATSheATE



Chili-Garlic Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon t brown sugar dark
- ☐ 2 tablespoons roasted peanuts unsalted coarsely chopped
- ☐ 0.5 teaspoon ginger fresh finely grated peeled
- ☐ 1 large garlic clove finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup peanut butter
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 6 servings salt

- ☐ 1 large shallots finely chopped
- ☐ 1 teaspoon sriracha
- ☐ 0.3 cup coconut milk unsweetened
- ☐ 1 cup water

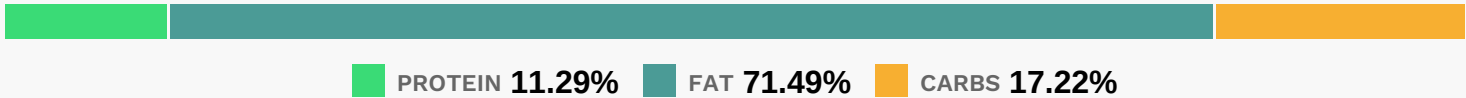
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, heat the peanut oil until shimmering.
- ☐ Add the shallot and garlic and cook over moderate heat, stirring, until golden, about 3 minutes.
- ☐ Remove from the heat and whisk in the coconut milk, peanut butter, brown sugar, chili-garlic sauce and ginger. Gradually whisk in the water. Simmer the sauce over moderately low heat until slightly thickened, about 10 minutes.
- ☐ Let cool slightly, then whisk in the lime juice and peanuts. Season with salt.
- ☐ Serve as a condiment with grilled beef, pork, poultry and shrimp. Toss with shredded lettuce, cabbage, cucumbers, carrots and apples or with steamed green beans.
- ☐ Make Ahead: The peanut sauce can be refrigerated for up to 5 days

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.75, Inflammation Score:-3, Nutrition Score:6.0552174301575%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 204.98kcal (10.25%), Fat: 17.35g (26.69%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.65g (2.78%), Sugar: 5.1g (5.66%), Cholesterol: 0mg (0%), Sodium: 346.14mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Manganese: 0.51mg (25.44%), Vitamin B3: 3.46mg (17.28%), Vitamin E: 2.35mg (15.69%), Magnesium: 47.69mg (11.92%), Phosphorus: 99.89mg (9.99%), Copper: 0.15mg (7.66%), Fiber: 1.75g (7%), Folate: 26.26µg (6.57%), Vitamin B6: 0.13mg (6.54%), Potassium: 198.59mg (5.67%), Zinc: 0.71mg (4.75%), Iron: 0.69mg (3.85%), Vitamin B1: 0.05mg (3.18%), Vitamin B5: 0.32mg (3.17%), Vitamin C: 2.28mg (2.76%), Selenium: 1.9µg (2.72%), Vitamin B2: 0.05mg (2.71%), Calcium: 21.6mg (2.16%)