



Chili Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chili flakes hot
- ☐ 0.8 cup rice vinegar
- ☐ 3 tablespoons soya sauce
- ☐ 0.5 cup sugar

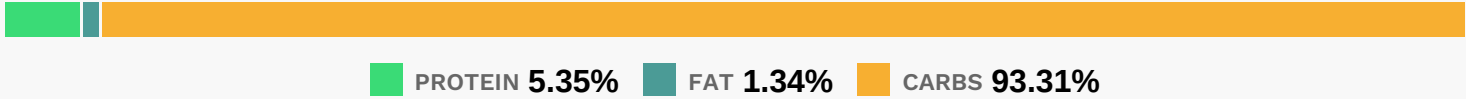
Equipment

- ☐ frying pan

Directions

☐ In a 2- to 3-quart pan, combine rice vinegar, sugar, soy sauce, and chili flakes. Bring to a boil over high heat and cook until mixture is reduced to 1/2 cup, 8 to 10 minutes. Use hot. If making glaze up to 1 week ahead, cover and chill; reheat before serving.

Nutrition Facts



Properties

Glycemic Index:67.55, Glycemic Load:35.12, Inflammation Score:-2, Nutrition Score:2.6360869204383%

Nutrients (% of daily need)

Calories: 228.73kcal (11.44%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 51.84g (17.28%), Net Carbohydrates: 51.28g (18.65%), Sugar: 50.47g (56.08%), Cholesterol: 0mg (0%), Sodium: 1527.03mg (66.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Manganese: 0.21mg (10.32%), Vitamin A: 296.5IU (5.93%), Vitamin B3: 1.18mg (5.91%), Iron: 0.87mg (4.83%), Phosphorus: 41.92mg (4.19%), Vitamin B6: 0.07mg (3.75%), Vitamin B2: 0.06mg (3.53%), Magnesium: 13.25mg (3.31%), Copper: 0.06mg (2.78%), Vitamin E: 0.38mg (2.54%), Potassium: 79.65mg (2.28%), Fiber: 0.56g (2.26%), Selenium: 1.2µg (1.71%), Calcium: 14.94mg (1.49%), Folate: 5.14µg (1.29%), Vitamin B1: 0.02mg (1.23%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.1%), Vitamin K: 1.06µg (1.01%)