



Chili in Soy Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons thai chilies fresh thinly sliced
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup soya sauce sweet

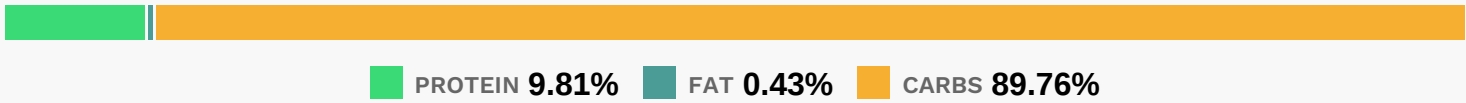
Equipment

Directions

- ☐ Mix 1/2 cup each soy sauce and sweet soy sauce.

Add 2 tablespoons thinly sliced fresh Thai chilies or 3 to 4 tablespoons minced fresh serrano chilies, or to taste.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:2.3182608835075%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 135.77kcal (6.79%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 28.58g (10.39%), Sugar: 22.04g (24.49%), Cholesterol: 0mg (0%), Sodium: 2142.68mg (93.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Manganese: 0.16mg (7.93%), Vitamin B3: 1.26mg (6.3%), Vitamin B6: 0.1mg (4.77%), Iron: 0.75mg (4.19%), Phosphorus: 40.66mg (4.07%), Vitamin C: 3.32mg (4.02%), Magnesium: 13.23mg (3.31%), Vitamin B2: 0.05mg (2.95%), Copper: 0.05mg (2.43%), Potassium: 84.03mg (2.4%), Fiber: 0.51g (2.02%), Folate: 6.92µg (1.73%), Vitamin B1: 0.02mg (1.41%), Vitamin A: 69.28IU (1.39%), Vitamin B5: 0.12mg (1.24%)