



WHATSheATE



Chipotle Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SAUCE

Ingredients



1 chipotle chile in adobo



1 quarter-size of ginger fresh peeled finely chopped



1 teaspoon juice of lime fresh



0.5 cup chunky peanut butter



0.3 teaspoon asian sesame oil



1 teaspoon soya sauce



0.5 cup coconut milk unsweetened

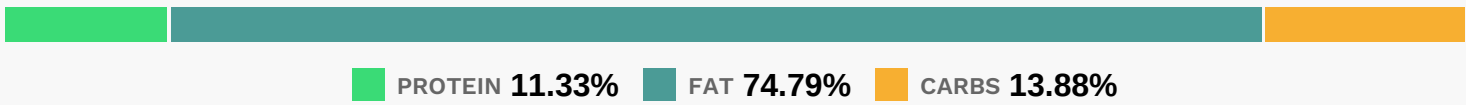
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a food processor, combine the peanut butter, coconut milk, chipotle and ginger and pulse until smooth.
- ☐ Transfer the puree to a small saucepan and bring to a simmer over low heat. Cook, stirring, for 1 minute.
- ☐ Transfer the sauce to a bowl and whisk in the soy sauce, lime juice, sesame oil and 1/4 cup of water until smooth; refrigerate until chilled.
- ☐ Make Ahead: The sauce can be refrigerated for up to 1 week.
- ☐ Serve With: Grilled beef, pork, chicken wings or shrimp or as a dip for blanched vegetables.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:8.3021738550261%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 268.86kcal (13.44%), Fat: 23.89g (36.75%), Saturated Fat: 9.63g (60.17%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 7.34g (2.67%), Sugar: 4.71g (5.24%), Cholesterol: 0mg (0%), Sodium: 226.93mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Manganese: 0.76mg (37.97%), Vitamin B3: 4.59mg (22.96%), Vitamin E: 2.99mg (19.96%), Magnesium: 67.06mg (16.76%), Phosphorus: 142.05mg (14.2%), Copper: 0.22mg (11.08%), Fiber: 2.63g (10.54%), Folate: 33.12µg (8.28%), Vitamin B6: 0.16mg (7.97%), Potassium: 272.7mg (7.79%), Zinc: 1.03mg (6.89%), Iron: 1.19mg (6.6%), Selenium: 3.21µg (4.58%), Vitamin B5: 0.41mg (4.07%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.05mg (3.6%), Calcium: 21.36mg (2.14%), Vitamin C: 1.3mg (1.58%)