



Cilantro-Peanut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



163 kcal

SAUCE

Ingredients

- 0.3 cup balsamic vinegar
- 2 tablespoons brown sugar
- 2 tablespoons creamy peanut butter
- 0.5 teaspoon pepper red crushed
- 0.5 cup cilantro leaves fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 1 garlic clove minced
- 2.5 tablespoons granulated sugar

2 tablespoons soya sauce low-sodium

0.1 teaspoon salt

Equipment

sauce pan

whisk

Directions

Combine the first 7 ingredients in a small saucepan, and bring to a boil, stirring frequently.

Remove from heat.

Add peanut butter, and stir with a whisk until smooth. Cool, and stir in cilantro and mint.

Nutrition Facts



Properties

Glycemic Index:65.36, Glycemic Load:9.15, Inflammation Score:-4, Nutrition Score:4.7243477831716%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 162.74kcal (8.14%), Fat: 5.61g (8.63%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 24.43g (8.88%), Sugar: 22.15g (24.61%), Cholesterol: 0mg (0%), Sodium: 541.78mg (23.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.31mg (15.41%), Vitamin B3: 1.68mg (8.41%), Vitamin A: 420.47IU (8.41%), Vitamin K: 8.67µg (8.26%), Magnesium: 32.77mg (8.19%), Vitamin E: 1.21mg (8.07%), Phosphorus: 64.47mg (6.45%), Potassium: 175.74mg (5.02%), Folate: 19.52µg (4.88%), Vitamin B6: 0.1mg (4.77%), Iron: 0.84mg (4.64%), Fiber: 1.07g (4.26%), Copper: 0.08mg (4.17%), Vitamin B2: 0.07mg (3.84%), Calcium: 33.76mg (3.38%), Zinc: 0.45mg (3.01%), Vitamin C: 2.09mg (2.54%), Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.03mg (1.76%), Selenium: 0.88µg (1.26%)