



Crab Dipping Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chicken broth
- ☐ 0.5 teaspoon chili garlic paste
- ☐ 1.5 teaspoons ginger fresh grated
- ☐ 0.3 cup sake (rice wine)
- ☐ 0.5 cup soya sauce

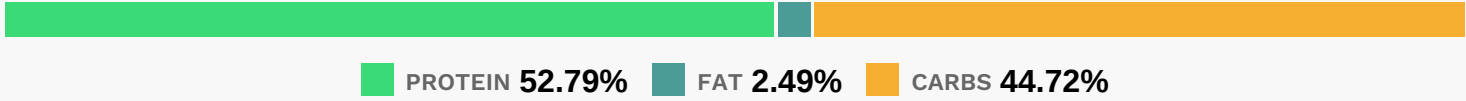
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.9339130483568%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.91kcal (2%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.58g (0.64%), Cholesterol: 0.29mg (0.1%), Sodium: 1674.93mg (72.82%), Alcohol: 2.41g (100%), Alcohol %: 5.1% (100%), Protein: 3.27g (6.54%), Manganese: 0.16mg (8.18%), Vitamin B3: 1.19mg (5.94%), Iron: 0.73mg (4.06%), Phosphorus: 40.4mg (4.04%), Vitamin B6: 0.07mg (3.35%), Magnesium: 13.13mg (3.28%), Vitamin B2: 0.05mg (3.16%), Copper: 0.05mg (2.31%), Potassium: 73.49mg (2.1%), Vitamin B1: 0.02mg (1.44%), Folate: 5.32µg (1.33%), Vitamin B5: 0.12mg (1.16%), Fiber: 0.26g (1.04%)