



Dutch West Indian Peanut Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



11 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons creamy peanut butter
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove crushed
- ☐ 2 tablespoons spring onion minced
- ☐ 1 teaspoon honey

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon thai chile minced seeded
- ☐ 0.5 cup tomatoes seeded chopped

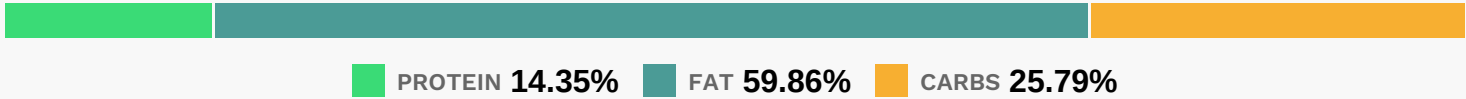
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine broth and peanut butter in a small saucepan; cook over low heat 5 minutes or until smooth, stirring with a whisk.
- ☐ Pour peanut butter mixture into a bowl; stir in the remaining ingredients.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.66, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.5547826073092%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 10.82kcal (0.54%), Fat: 0.78g (1.2%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 60.5mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Manganese: 0.03mg (1.46%), Vitamin B3: 0.25mg (1.23%), Vitamin C: 0.95mg (1.15%), Vitamin E: 0.15mg (1.03%), Vitamin K: 1.07µg (1.02%)