



Easy Peanut Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



61 kcal

SAUCE

Ingredients

- 0.5 tsp ground cumin
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1.3 cups milk
- 0.5 tsp paprika
- 1 finger pepper green red deveined seeded
- 1 cup planters roasted peanuts dry

Equipment

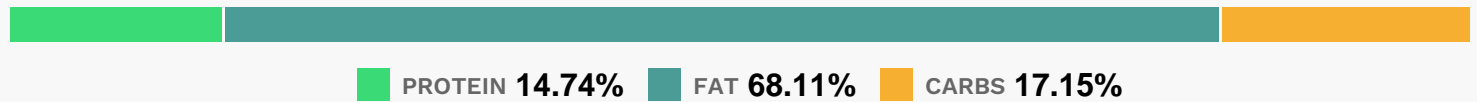
- sauce pan

- sieve
- blender

Directions

- Add peanuts, milk and pepper to blender container; cover. Blend on medium speed until smooth.
- Pour mixture through strainer.
- Combine dressing, paprika and cumin in medium saucepan; cook on medium-high heat 1 min. Stir in peanut puree. Bring to boil.
- Remove from heat. Stir in additional milk if the sauce is too thick.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.3182609037537%

Nutrients (% of daily need)

Calories: 60.7kcal (3.04%), Fat: 4.86g (7.47%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.43g (1.58%), Cholesterol: 1.83mg (0.61%), Sodium: 65.85mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Manganese: 0.17mg (8.34%), Vitamin B3: 1.11mg (5.54%), Phosphorus: 43.58mg (4.36%), Magnesium: 15.7mg (3.92%), Vitamin E: 0.46mg (3.07%), Fiber: 0.67g (2.67%), Calcium: 24.31mg (2.43%), Vitamin B6: 0.05mg (2.39%), Vitamin B2: 0.04mg (2.16%), Potassium: 75.76mg (2.16%), Zinc: 0.28mg (1.85%), Folate: 7.32µg (1.83%), Vitamin K: 1.82µg (1.73%), Copper: 0.03mg (1.72%), Vitamin B5: 0.16mg (1.64%), Selenium: 1.05µg (1.51%), Vitamin B1: 0.02mg (1.41%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%), Vitamin A: 54.99IU (1.1%)