



## Easy Peanut Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



101 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

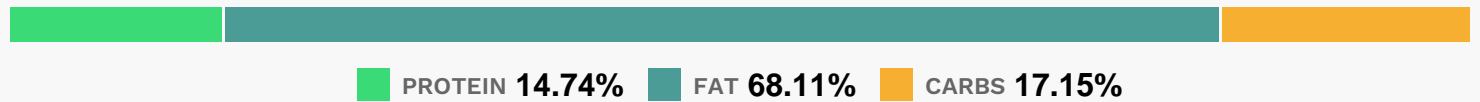
- sauce pan

- 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:7.5, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:3.8634782523403%

## Nutrients (% of daily need)

Calories: 101.17kcal (5.06%), Fat: 8.09g (12.45%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.38g (2.64%), Cholesterol: 3.05mg (1.02%), Sodium: 109.75mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Manganese: 0.28mg (13.89%), Vitamin B3: 1.85mg (9.24%), Phosphorus: 72.63mg (7.26%), Magnesium: 26.16mg (6.54%), Vitamin E: 0.77mg (5.12%), Fiber: 1.11g (4.45%), Calcium: 40.51mg (4.05%), Vitamin B6: 0.08mg (3.98%), Vitamin B2: 0.06mg (3.61%), Potassium: 126.27mg (3.61%), Zinc: 0.46mg (3.09%), Folate: 12.19µg (3.05%), Vitamin K: 3.04µg (2.89%), Copper: 0.06mg (2.86%), Vitamin B5: 0.27mg (2.73%), Selenium: 1.76µg (2.51%), Vitamin B1: 0.04mg (2.34%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.28µg (1.86%), Vitamin A: 91.65IU (1.83%), Iron: 0.29mg (1.63%)