



Easy Thai Peanut Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



633 kcal

SAUCE

Ingredients

- 1 tablespoon fish sauce
- 1 tablespoon ginger root fresh minced
- 3 tablespoons soya sauce light
- 2 tablespoons juice of lime fresh
- 1.5 cups peanut butter
- 1 tablespoon pepper sauce hot
- 1 tablespoon sesame oil toasted
- 1 tablespoon sugar white to taste

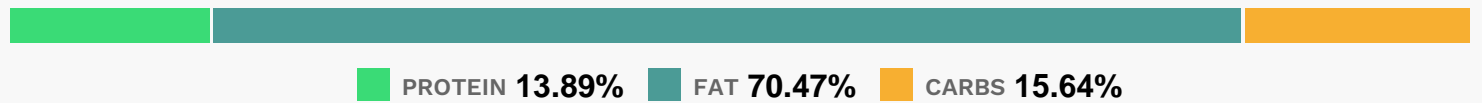
Equipment

- bowl
- microwave

Directions

- Mix peanut butter, soy sauce, lime juice, fish sauce, hot pepper sauce, ginger, sesame oil, and sugar in a bowl; warm in microwave until easy to stir, about 45 seconds. Stir to serve.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:4.6, Inflammation Score:-7, Nutrition Score:20.305217781793%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 633.4kcal (31.67%), Fat: 52.99g (81.53%), Saturated Fat: 10.28g (64.23%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 21.65g (7.87%), Sugar: 13.74g (15.27%), Cholesterol: 0mg (0%), Sodium: 1608.72mg (69.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.5g (46.99%), Manganese: 1.5mg (75.16%), Vitamin B3: 13.54mg (67.69%), Vitamin E: 8.89mg (59.25%), Magnesium: 178.3mg (44.57%), Phosphorus: 347.85mg (34.79%), Vitamin B6: 0.49mg (24.26%), Folate: 89.07µg (22.27%), Copper: 0.43mg (21.7%), Fiber: 4.83g (19.31%), Potassium: 608.03mg (17.37%), Zinc: 2.54mg (16.94%), Vitamin B2: 0.21mg (12.52%), Iron: 2.06mg (11.47%), Vitamin B5: 1.1mg (10.98%), Vitamin B1: 0.15mg (9.7%), Selenium: 4.52µg (6.46%), Vitamin C: 4.79mg (5.81%), Calcium: 53.66mg (5.37%)