



Edamame With Ginger-Chile Dipping Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



61 kcal

SIDE DISH

Ingredients

- 12 ounce unshelled edamame frozen
- 4 teaspoons ginger fresh grated peeled
- 2 tablespoons honey
- 0.3 cup soya sauce low-sodium
- 4 teaspoons sesame oil
- 2 teaspoons thai chile sauce
- 0.3 cup water

Equipment

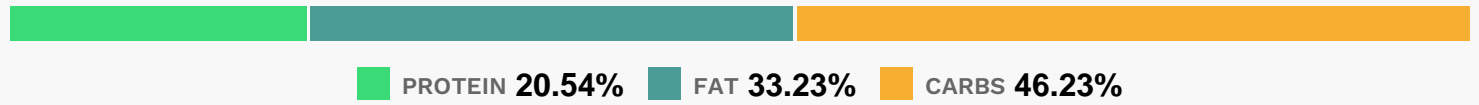
whisk

Directions

Prepare edamame according to package directions. Set aside.

Whisk together remaining 6 ingredients; serve with edamame.

Nutrition Facts



Properties

Glycemic Index:5.61, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:1.1834782582262%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 60.8kcal (3.04%), Fat: 2.3g (3.54%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 5.99g (2.18%), Sugar: 3.72g (4.13%), Cholesterol: 0mg (0%), Sodium: 191.78mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Fiber: 1.22g (4.87%), Iron: 0.87mg (4.81%), Potassium: 154.04mg (4.4%), Calcium: 25.57mg (2.56%), Vitamin C: 2.04mg (2.48%), Manganese: 0.03mg (1.44%), Magnesium: 4.28mg (1.07%)