



Sweet Chili Thai Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



24

CALORIES



36 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons pepper flakes hot minced
- 2 teaspoons cornstarch
- 2 teaspoons ginger fresh minced
- 1 teaspoon garlic minced
- 2 teaspoons catsup
- 1 cup rice vinegar
- 1 cup sugar
- 1 cup water

Equipment

- bowl
- sauce pan
- stove

Directions

- Pour water and vinegar into a saucepan, and bring to a boil over high heat. Stir in sugar, ginger, garlic, chile pepper, and ketchup; simmer for 5 minutes. Stir in cornstarch.
- Remove saucepan from stove to cool. Then transfer to a bowl, cover, and refrigerate until needed.

Nutrition Facts

PROTEIN 0.27% **FAT 0.79%** **CARBS 98.94%**

Properties

Glycemic Index:8.75, Glycemic Load:5.85, Inflammation Score:0, Nutrition Score:0.14000000059605%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.54kcal (1.78%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.66g (3.15%), Sugar: 8.44g (9.37%), Cholesterol: 0mg (0%), Sodium: 4.66mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%)