



Finadene



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 3 chile peppers fresh hot seeded chopped
- ☐ 1 onion chopped
- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup vinegar white

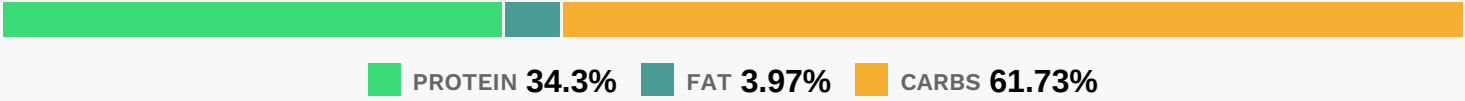
Equipment

- ☐ bowl

Directions

☐ Stir together the soy sauce, onion, chile peppers, and vinegar in a small bowl.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:2.52, Inflammation Score:-6, Nutrition Score:9.291739002518%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 59.69kcal (2.98%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 9.55g (3.18%), Net Carbohydrates: 7.94g (2.89%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 2165.86mg (94.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin C: 67.38mg (81.67%), Vitamin B6: 0.35mg (17.45%), Manganese: 0.34mg (16.8%), Vitamin B3: 2.13mg (10.65%), Vitamin A: 429.13IU (8.58%), Iron: 1.47mg (8.15%), Phosphorus: 81.1mg (8.11%), Potassium: 280.83mg (8.02%), Magnesium: 29.7mg (7.42%), Fiber: 1.61g (6.43%), Vitamin B2: 0.11mg (6.32%), Copper: 0.13mg (6.29%), Vitamin K: 6.45µg (6.14%), Folate: 24.28µg (6.07%), Vitamin B1: 0.07mg (4.81%), Vitamin B5: 0.28mg (2.81%), Calcium: 23.74mg (2.37%), Zinc: 0.35mg (2.32%), Vitamin E: 0.32mg (2.12%), Selenium: 0.82µg (1.18%)