



Finadene Seafood Drizzle or Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

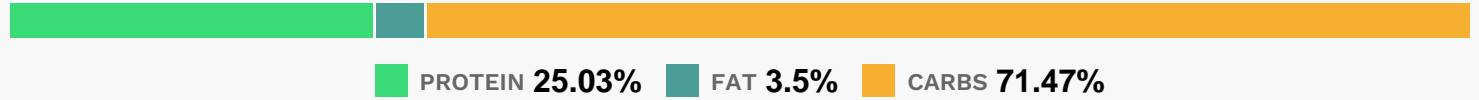
- 2 cloves garlic minced
- 0.5 cup juice of lemon fresh
- 0.5 cup onion chopped
- 10 guam boonie peppers minced seeded
- 0.3 cup soya sauce

Equipment

Directions

- Mix Thai chiles, onion, garlic, lemon juice, and soy sauce together in a glass jar with a tight-fitting lid. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.66, Inflammation Score:-3, Nutrition Score:3.8704347558644%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 28.65kcal (1.43%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.29g (1.93%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 811.85mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Vitamin C: 31.94mg (38.71%), Manganese: 0.14mg (7.23%), Vitamin B6: 0.11mg (5.32%), Folate: 14.28µg (3.57%), Vitamin B3: 0.71mg (3.53%), Potassium: 122.87mg (3.51%), Phosphorus: 32.83mg (3.28%), Magnesium: 11.88mg (2.97%), Iron: 0.53mg (2.93%), Fiber: 0.69g (2.77%), Copper: 0.05mg (2.49%), Vitamin B2: 0.04mg (2.38%), Vitamin B1: 0.03mg (2.32%), Vitamin A: 90.79IU (1.82%), Calcium: 13.4mg (1.34%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.18µg (1.12%), Zinc: 0.15mg (1.01%)