



Gochujang-Date Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

SAUCE

Ingredients



1 cup pepper flakes hot (Korean pepper paste)



5 medjool dates pitted



2 tablespoons sesame oil toasted

Equipment

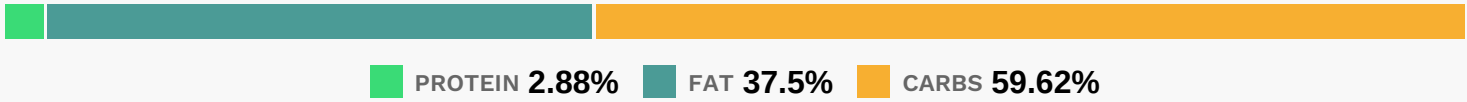


food processor

Directions

- ☐
- Place 5 pitted Medjool dates in a small bowl; cover with boiling water and let sit until softened, about 10 minutes.
- ☐
- Drain; transfer dates to a food processor.
- ☐
- Add 1 cup gochujang (Korean hot pepper paste) and 2 tablespoons toasted sesame oil. Purée until smooth.

Nutrition Facts



Properties

Glycemic Index: 5.63, Glycemic Load: 0.62, Inflammation Score: -3, Nutrition Score: 3.5999999927438%

Nutrients (% of daily need)

Calories: 79.99kcal (4%), Fat: 3.61g (5.55%), Saturated Fat: 0.5g (3.16%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.61g (4.22%), Sugar: 10.96g (12.18%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 26.94mg (32.66%), Vitamin B6: 0.13mg (6.61%), Fiber: 1.29g (5.14%), Potassium: 164.77mg (4.71%), Vitamin A: 200.85IU (4.02%), Manganese: 0.08mg (3.97%), Copper: 0.08mg (3.92%), Vitamin K: 3.51µg (3.34%), Magnesium: 12.41mg (3.1%), Vitamin B3: 0.47mg (2.37%), Iron: 0.33mg (1.82%), Phosphorus: 17.36mg (1.74%), Folate: 6.56µg (1.64%), Vitamin B5: 0.16mg (1.58%), Vitamin B2: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.4%), Calcium: 12.23mg (1.22%), Vitamin E: 0.18mg (1.19%)