

Guava Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

64

CALORIES

calories

2 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 cup commercial guava paste cut into cubes
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup shallots minced
- ☐ 0.7 cup water

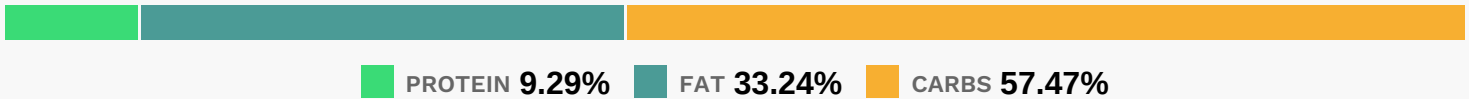
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a small saucepan.
- ☐ Place over medium heat; cook 5 minutes or until guava paste dissolves, stirring frequently.
- ☐ Remove from heat.
- ☐ Add rice vinegar and dark sesame oil, stirring with a whisk until blended. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.1986956541305%

Nutrients (% of daily need)

Calories: 1.98kcal (0.1%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 0.27mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin C: 2.03mg (2.46%)