



Hoisin-Peanut Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon chili-garlic sauce
- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 garlic clove
- ☐ 0.3 cup hoisin sauce
- ☐ 1 tablespoon peanuts toasted chopped
- ☐ 1 tablespoon rice vinegar
- ☐ 2 tablespoons warm water

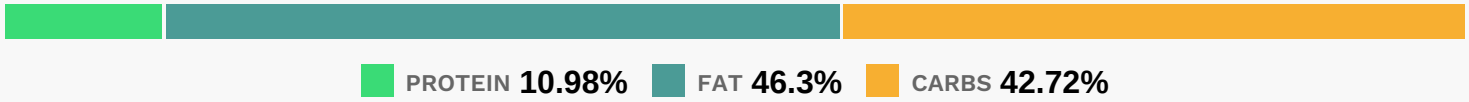
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 6 ingredients in a blender; blend until smooth. Spoon into a bowl; cover and refrigerate until ready to serve.
- ☐ Sprinkle with peanuts before serving.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:6.4273914006417%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 229.98kcal (11.5%), Fat: 12.22g (18.8%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 22.75g (8.27%), Sugar: 14.43g (16.03%), Cholesterol: 1.38mg (0.46%), Sodium: 874.82mg (38.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Manganese: 0.51mg (25.62%), Vitamin B3: 3.47mg (17.35%), Magnesium: 48.04mg (12.01%), Vitamin E: 1.59mg (10.58%), Fiber: 2.61g (10.43%), Phosphorus: 93.67mg (9.37%), Folate: 36.35µg (9.09%), Copper: 0.18mg (8.91%), Vitamin B2: 0.14mg (8.14%), Vitamin B6: 0.14mg (6.77%), Potassium: 188.16mg (5.38%), Iron: 0.96mg (5.35%), Zinc: 0.68mg (4.53%), Vitamin B1: 0.06mg (4.04%), Calcium: 31.45mg (3.15%), Selenium: 2.09µg (2.99%), Vitamin B5: 0.3mg (2.98%)