

Hot Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



79 kcal

SAUCE

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1.5 teaspoons juice of lemon
- ☐ 4 tablespoons peanut butter
- ☐ 2 tablespoons soya sauce
- ☐ 4 tablespoons water hot

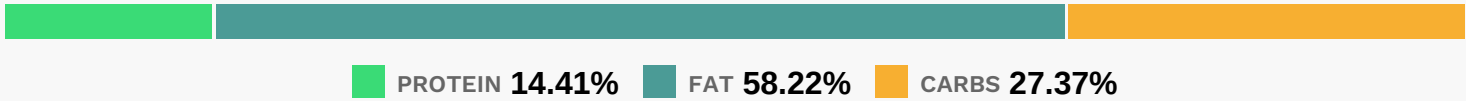
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl combine peanut butter and water; mix until a smooth paste forms. Stir in soy sauce, then brown sugar, cayenne and lemon juice.
- ☐ Mix by hand until well combined and smooth.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:2.5673913035704%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 79.22kcal (3.96%), Fat: 5.47g (8.42%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.2g (1.89%), Sugar: 4.17g (4.64%), Cholesterol: 0mg (0%), Sodium: 382.3mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Manganese: 0.19mg (9.5%), Vitamin B3: 1.67mg (8.34%), Vitamin E: 1mg (6.66%), Magnesium: 21mg (5.25%), Phosphorus: 44.42mg (4.44%), Vitamin B6: 0.06mg (3.16%), Copper: 0.06mg (2.82%), Folate: 10.62µg (2.66%), Fiber: 0.59g (2.35%), Potassium: 79.84mg (2.28%), Zinc: 0.3mg (2.01%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.79%), Vitamin B5: 0.14mg (1.41%), Vitamin B1: 0.02mg (1.26%)