



Japanese Potsticker Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon chili oil to taste
- 1 tablespoon rice vinegar
- 1 tablespoon soya sauce

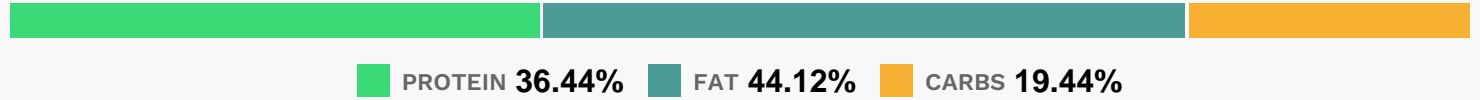
Equipment

- bowl
- ramekin
- chopsticks

Directions

- In a small bowl or ramekin, stir together the soy sauce and rice vinegar. Drip in the chili oil to taste. Stir with chopsticks, and dip away!

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.1547826023205%

Nutrients (% of daily need)

Calories: 22.52kcal (1.13%), Fat: 1.02g (1.57%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.87g (0.31%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 1005.82mg (43.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Manganese: 0.1mg (4.93%), Vitamin B3: 0.71mg (3.56%), Iron: 0.44mg (2.44%), Phosphorus: 24.04mg (2.4%), Magnesium: 7.36mg (1.84%), Vitamin B6: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.61%), Copper: 0.03mg (1.26%), Potassium: 38.49mg (1.1%)