



Kate's Easy Peanut Satay Sauce

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



12

CALORIES



284 kcal

SAUCE

Ingredients

- 0.5 cup coconut milk
- 1 tablespoon fish sauce
- 4 cloves garlic crushed
- 0.5 cup maple syrup
- 1.8 cups peanut butter
- 1 pinch pepper flakes red to taste
- 0.3 cup soya sauce
- 0.8 cup water divided

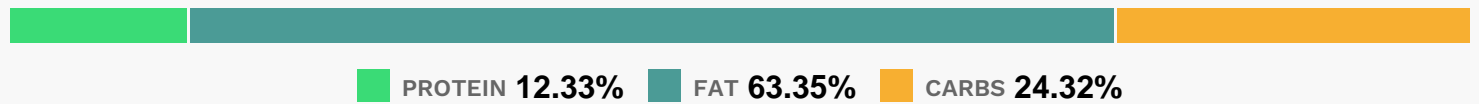
Equipment

- sauce pan

Directions

- Heat peanut butter and 3/8 cup water in a nonstick saucepan over low heat.
- Add maple syrup, coconut milk, garlic, soy sauce, fish sauce, 3/8 cup water, and red pepper flakes to peanut butter mixture, stirring well after each addition.
- Bring peanut mixture to a boil, stirring constantly. Reduce heat to low and simmer, stirring, until flavors blend, 5 minutes.
- Remove from heat, cover, and let rest to blend flavors, 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.04, Glycemic Load:4.61, Inflammation Score:-4, Nutrition Score:9.580869541706%

Flavonoids

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

Nutrients (% of daily need)

Calories: 284.34kcal (14.22%), Fat: 21.25g (32.69%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 16.49g (5.99%), Sugar: 12.14g (13.49%), Cholesterol: 0mg (0%), Sodium: 552.63mg (24.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.61%), Manganese: 0.98mg (48.85%), Vitamin B3: 5.31mg (26.54%), Vitamin E: 3.43mg (22.88%), Magnesium: 75.7mg (18.93%), Vitamin B2: 0.25mg (14.8%), Phosphorus: 144.53mg (14.45%), Vitamin B6: 0.2mg (9.89%), Copper: 0.19mg (9.59%), Folate: 35.34µg (8.84%), Potassium: 281.85mg (8.05%), Zinc: 1.14mg (7.6%), Fiber: 1.87g (7.47%), Iron: 1.12mg (6.23%), Vitamin B1: 0.07mg (4.53%), Vitamin B5: 0.44mg (4.39%), Calcium: 38.65mg (3.86%), Selenium: 1.86µg (2.66%)