



Kecap Manis (Sweet Soy Sauce)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



3

CALORIES



790 kcal

SAUCE

Ingredients

- 2 curry leaves fresh
- 1 inch ginger root fresh sliced
- 4 cloves garlic minced
- 3 cups soya sauce dark
- 0.5 star anise pod
- 0.5 cup water
- 2.5 cups sugar white

Equipment

sauce pan

Directions

- Heat sugar in a heavy saucepan over medium-low heat until sugar becomes lightly brown. Slowly stir in soy sauce. Once the sugar and soy sauce are combined, stir in the water, star anise, curry leaves, ginger, and garlic. Increase heat and bring to a boil. Simmer until the sugar is dissolved, about 15 minutes.
- Remove from heat and cool. Strain sauce and pour into a lidded bottle or jar. Store in the refrigerator.

Nutrition Facts

 **PROTEIN 11.92%**  **FAT 0.9%**  **CARBS 87.18%**

Properties

Glycemic Index:45.03, Glycemic Load:118.44, Inflammation Score:-5, Nutrition Score:17.75521740204%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 789.61kcal (39.48%), Fat: 0.83g (1.28%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 180.81g (60.27%), Net Carbohydrates: 178.77g (65.01%), Sugar: 170.36g (189.29%), Cholesterol: 0mg (0%), Sodium: 12964.17mg (563.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Vitamin B3: 16.88mg (84.42%), Manganese: 1.24mg (62.05%), Iron: 5.75mg (31.95%), Phosphorus: 309.44mg (30.94%), Folate: 120.49µg (30.12%), Vitamin B6: 0.52mg (25.92%), Magnesium: 95.63mg (23.91%), Vitamin B2: 0.39mg (22.98%), Vitamin C: 14.73mg (17.86%), Copper: 0.35mg (17.51%), Potassium: 523.3mg (14.95%), Vitamin B1: 0.15mg (9.75%), Vitamin B5: 0.9mg (9.02%), Fiber: 2.03g (8.13%), Zinc: 1.08mg (7.21%), Calcium: 60.71mg (6.07%), Selenium: 3.45µg (4.93%)