



Korean Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



8

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1.5 teaspoons roasted ground sesame seeds
- ☐ 0.3 cup lower-sodium soy sauce
- ☐ 1 jalapeno red sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 1.5 teaspoons sugar
- ☐ 3 tablespoons water

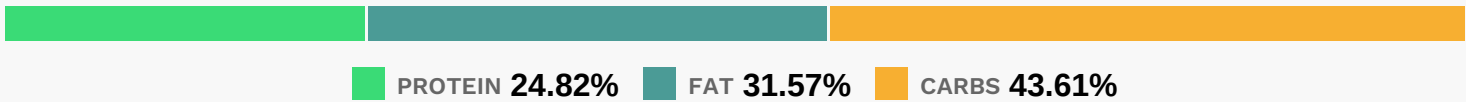
Equipment

☐ bowl

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring until sugar dissolves.
- ☐ Add onions and jalapeo.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.1369565271813%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 14.52kcal (0.73%), Fat: 0.53g (0.82%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 287.93mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin C: 2.84mg (3.44%), Vitamin K: 3.35µg (3.19%), Phosphorus: 22.02mg (2.2%), Manganese: 0.04mg (2.03%), Magnesium: 7.17mg (1.79%), Folate: 5.79µg (1.45%), Vitamin B2: 0.02mg (1.36%), Vitamin B1: 0.02mg (1.35%), Potassium: 42.18mg (1.21%), Vitamin B6: 0.02mg (1.2%), Copper: 0.02mg (1.18%), Iron: 0.19mg (1.06%)