

Lemon-Soy Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

32

CALORIES

calories

2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon water

Equipment

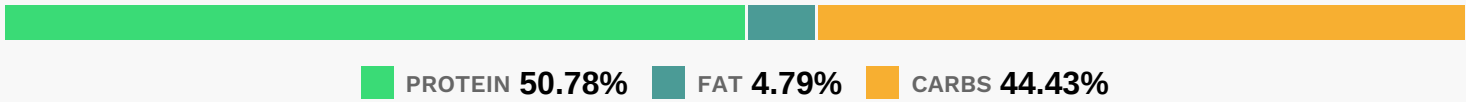
- ☐ bowl

Directions

☐

Combine all ingredients in a small bowl, and stir well.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.18347826000789%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 1.72kcal (0.09%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 95.66mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%)