

Lime Chili Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



8 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup carrots shredded peeled finely
- ☐ 0.5 teaspoon chili paste depending on your taste pref thai-style
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons thai fish sauce

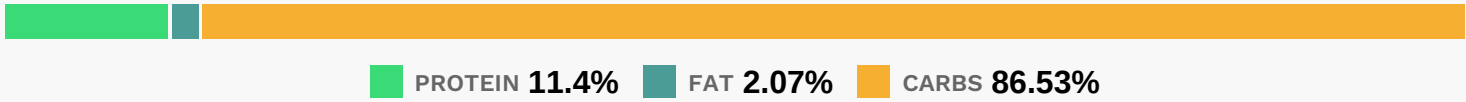
Equipment

whisk

Directions

Whisk ingredients together and pour over cooked and rinsed noodles.

Nutrition Facts



Properties

Glycemic Index:14.89, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:1.1526087224483%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 8.29kcal (0.41%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 285.2mg (12.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin A: 563.49IU (11.27%), Vitamin C: 2.84mg (3.44%), Magnesium: 7.77mg (1.94%), Vitamin B6: 0.02mg (1.14%), Manganese: 0.02mg (1.02%)