



Lime Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove minced
- ☐ 1 tablespoon chile green minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water

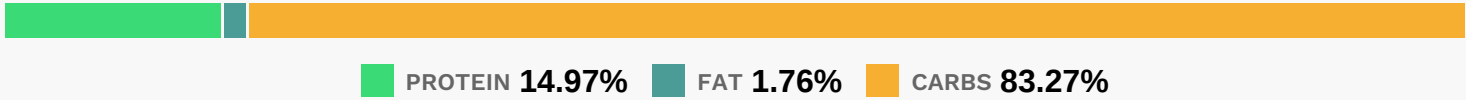
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a small bowl; stir well.
- ☐ Serve at room temperature with Grilled Asian Five-Spice Chicken.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:2.13, Inflammation Score:-1, Nutrition Score:0.7534782661368%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 19.05kcal (0.95%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 4.16g (1.51%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 293.86mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Vitamin C: 2.61mg (3.16%), Manganese: 0.04mg (2.08%), Magnesium: 6.3mg (1.57%), Phosphorus: 14.86mg (1.49%), Vitamin B2: 0.02mg (1.25%), Potassium: 38.46mg (1.1%), Folate: 4.27µg (1.07%), Vitamin B6: 0.02mg (1.01%)