



## Linda's Thai Sweet Chili Sauce for Dipping (Egg Rolls, Sushi)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



59 kcal

SAUCE

### Ingredients

- 2 tablespoons chili peppers
- 1 cup rice vinegar
- 2 teaspoons salt
- 0.3 cup sugar
- 2 teaspoons garlic fresh minced
- 1 teaspoon ginger grated
- 2 tablespoons cornstarch

0.3 cup water

## Equipment

bowl

frying pan

## Directions

In a small pan add the first 6 ingredients together, over low heat.

Stir constantly until mixture thickens to a syrupy consistency, about 5 minutes once it starts to simmer. It reduces quite a bit.

Mix well, and let sit until hot.

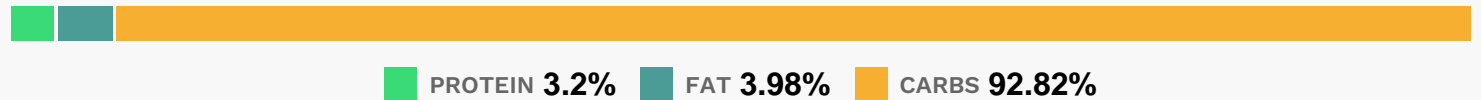
Mix the cornstarch and water together in a small bowl and add to the sauce.

Mix well.

Let cook until it starts to thicken, then remove from heat.

Let cool, and use in any of your Thai recipes asking for Sweet Chili Sauce.

## Nutrition Facts



## Properties

Glycemic Index:20.64, Glycemic Load:5.9, Inflammation Score:-6, Nutrition Score:2.1295652156291%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 58.74kcal (2.94%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 11.91g (4.33%), Sugar: 9.86g (10.95%), Cholesterol: 0mg (0%), Sodium: 586.16mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin A: 979.25IU (19.58%), Fiber: 1.1g (4.4%), Vitamin K: 4.01µg (3.82%), Manganese: 0.06mg (3.19%), Vitamin B2: 0.05mg (2.77%), Potassium: 74.16mg (2.12%), Vitamin B6: 0.04mg (1.98%), Vitamin C: 1.41mg (1.71%), Vitamin B3: 0.33mg (1.64%), Iron: 0.27mg (1.48%)