



Mint-Lime Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon asian fish sauce (nuoc mam or nam pla)
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup juice of lime
- ☐ 0.5 jalapeño chili green red minced rinsed (1-oz. size)
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 1 tablespoon shallots minced

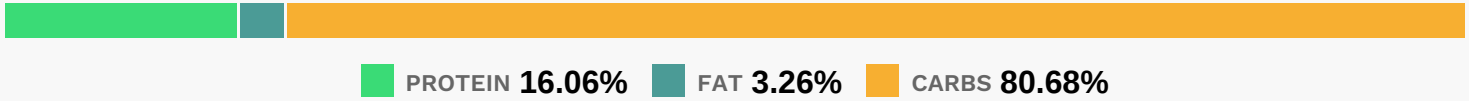
Equipment

bowl

Directions

In a small bowl, mix lime juice, vinegar, mint, jalapeo chili (to taste), fish sauce, shallot, and garlic. If making up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:3.6247825933539%

Flavonoids

Eriodictyol: 2.21mg, Eriodictyol: 2.21mg, Eriodictyol: 2.21mg, Eriodictyol: 2.21mg Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 30.91kcal (1.55%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.29g (1.92%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 710.89mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin C: 17.39mg (21.08%), Manganese: 0.19mg (9.54%), Vitamin B6: 0.14mg (6.91%), Magnesium: 25.34mg (6.34%), Vitamin A: 262.48IU (5.25%), Folate: 15.94µg (3.98%), Potassium: 134.41mg (3.84%), Fiber: 0.82g (3.27%), Calcium: 31.75mg (3.17%), Iron: 0.52mg (2.92%), Copper: 0.05mg (2.6%), Selenium: 1.65µg (2.36%), Vitamin B3: 0.42mg (2.09%), Phosphorus: 20.42mg (2.04%), Vitamin B2: 0.03mg (1.85%), Vitamin B1: 0.03mg (1.75%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.1%)