



## Nuoc Cham (Vietnamese Dipping Sauce)

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup fish sauce
- 3 cloves garlic minced
- 1 green onion thinly sliced
- 0.5 juice of lemon juiced
- 3 thai chile peppers chopped
- 0.5 cup warm water
- 0.3 cup distilled vinegar white
- 0.3 cup sugar white

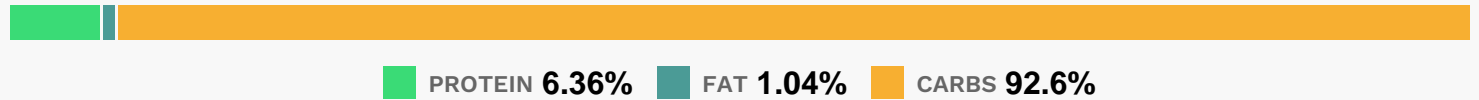
# Equipment

bowl

# Directions

Stir the sugar and warm water together in a bowl until the sugar dissolves completely; add the fish sauce, vinegar, lemon juice, garlic, Thai chile peppers, and green onion to the mixture.

# Nutrition Facts



# Properties

Glycemic Index:36.42, Glycemic Load:7.19, Inflammation Score:-2, Nutrition Score:1.8443478378265%

# Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

# Nutrients (% of daily need)

Calories: 50.45kcal (2.52%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 11.4g (4.15%), Sugar: 10.65g (11.83%), Cholesterol: 0mg (0%), Sodium: 913.07mg (39.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 6.6mg (8%), Magnesium: 22.27mg (5.57%), Vitamin K: 5.26µg (5.01%), Vitamin B6: 0.08mg (3.81%), Manganese: 0.08mg (3.77%), Folate: 8.52µg (2.13%), Selenium: 1.48µg (2.12%), Potassium: 57mg (1.63%), Vitamin B3: 0.31mg (1.56%), Calcium: 12.31mg (1.23%), Copper: 0.02mg (1.11%), Iron: 0.19mg (1.06%)