



Nuoc Cham (Vietnamese Spicy Dipping Sauce)

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 spicy chile peppers red minced seeded
- ☐ 0.3 cup fish sauce
- ☐ 6 cloves garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup rice vinegar
- ☐ 3.5 fluid ounces water
- ☐ 0.3 cup sugar white

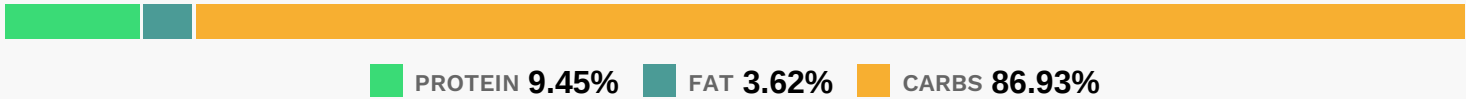
Equipment

☐ sauce pan

Directions

- ☐ Stir water, chile peppers, garlic, fish sauce, rice vinegar, and sugar together in a saucepan over medium-low heat until sugar dissolves into the liquid; remove from heat and set aside to cool completely, about 1 hour.
- ☐ Stir lemon juice into the cooled liquid.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:4.55, Inflammation Score:-4, Nutrition Score:4.4904347878435%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 37.25kcal (1.86%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 8.13g (2.96%), Sugar: 6.81g (7.56%), Cholesterol: 0mg (0%), Sodium: 458.79mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin C: 41.75mg (50.61%), Vitamin B6: 0.18mg (9.24%), Vitamin A: 258.26IU (5.17%), Manganese: 0.1mg (4.93%), Magnesium: 17.34mg (4.34%), Vitamin K: 3.81µg (3.63%), Potassium: 117.37mg (3.35%), Folate: 10.44µg (2.61%), Vitamin B3: 0.49mg (2.44%), Copper: 0.05mg (2.32%), Iron: 0.36mg (2.02%), Fiber: 0.46g (1.84%), Vitamin B2: 0.03mg (1.79%), Vitamin B1: 0.03mg (1.68%), Phosphorus: 15.51mg (1.55%), Selenium: 0.99µg (1.41%), Vitamin E: 0.2mg (1.31%), Calcium: 10.64mg (1.06%)