



Nuoc Nam



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



77 kcal

SIDE DISH

Ingredients



0.3 cup fish sauce



0.5 jalapeño thinly sliced



0.3 cup juice of lime fresh



0.3 cup sugar

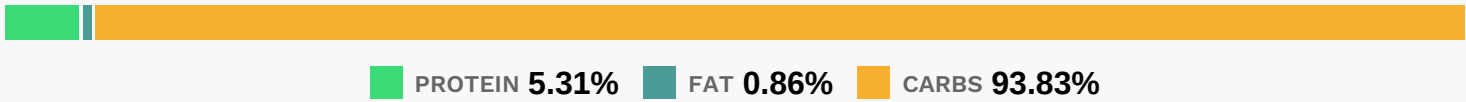
Equipment

Directions

☐

Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:34.03, Glycemic Load:11.66, Inflammation Score:-2, Nutrition Score:2.0969565147939%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 76.65kcal (3.83%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.03%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 19.01g (6.91%), Sugar: 17.77g (19.75%), Cholesterol: 0mg (0%), Sodium: 1518.31mg (66.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin C: 8.91mg (10.8%), Magnesium: 35.8mg (8.95%), Vitamin B6: 0.09mg (4.7%), Folate: 12.51µg (3.13%), Selenium: 1.89µg (2.7%), Manganese: 0.05mg (2.58%), Vitamin B3: 0.51mg (2.53%), Potassium: 85.39mg (2.44%), Vitamin B12: 0.09µg (1.55%), Calcium: 11.58mg (1.16%), Vitamin B2: 0.02mg (1.11%), Iron: 0.18mg (1.02%)