



WHATSheATE



Peanut Butter Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 juice of lime
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon curry paste or red
- ☐ 1 cup coconut milk unsweetened

Equipment

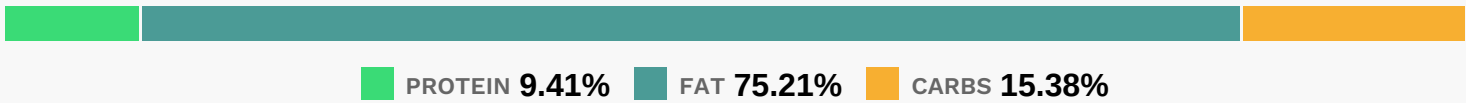
- ☐ sauce pan

☐ whisk

Directions

- ☐ In a saucepan, over low heat, whisk together the peanut butter, coconut milk, lime juice, curry paste or cayenne, sugar, and salt. Cook, whisking frequently, until heated through, about 5 minutes. Stir in the basil, if desired.
- ☐ Serve warm or at room temperature.Tip: This rich dipping sauce goes well with grilled chicken, shrimp, pork, or tofu. If desired, sprinkle with black pepper to offset the slight sweetness.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:6.8291304785272%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.16kcal (11.51%), Fat: 20.57g (31.65%), Saturated Fat: 10.64g (66.49%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 7.5g (2.73%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 486.49mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Manganese: 0.68mg (34.24%), Vitamin B3: 3.17mg (15.86%), Vitamin E: 2.03mg (13.53%), Magnesium: 51.72mg (12.93%), Phosphorus: 113.67mg (11.37%), Copper: 0.2mg (9.96%), Fiber: 1.96g (7.85%), Potassium: 235.05mg (6.72%), Folate: 25.41µg (6.35%), Iron: 1.07mg (5.95%), Vitamin B6: 0.11mg (5.57%), Zinc: 0.82mg (5.46%), Selenium: 3.39µg (4.84%), Vitamin C: 2.69mg (3.26%), Vitamin B5: 0.31mg (3.1%), Vitamin B1: 0.04mg (2.75%), Vitamin A: 133.75IU (2.67%), Vitamin B2: 0.04mg (2.46%), Calcium: 20.7mg (2.07%)