



Peanut Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon shrimp paste (Malaysian shrimp paste)
- ☐ 0.5 cup dry-roasted peanuts unsalted
- ☐ 2 teaspoons galangal fresh peeled chopped
- ☐ 1 garlic clove chopped
- ☐ 1.5 teaspoons lemongrass fresh peeled chopped
- ☐ 5 teaspoons coconut sugar
- ☐ 4 chiles dried red hot
- ☐ 0.5 teaspoon rice vinegar

- ☐ 0.3 teaspoon salt
- ☐ 1 shallots chopped
- ☐ 2 teaspoons tamarind paste
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup water

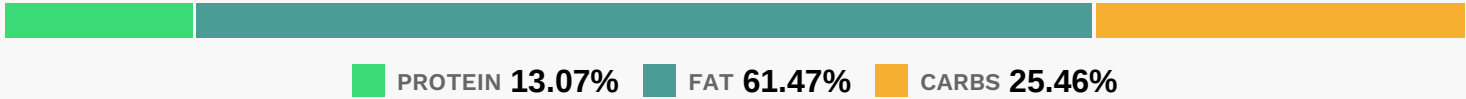
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place chiles in a bowl, and cover with hot water.
- ☐ Let stand for 30 minutes or until tender.
- ☐ Drain.
- ☐ Combine chiles, 1/2 cup peanuts, and next 5 ingredients (through shallot) in a food processor. Process until finely chopped.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add oil to pan, and swirl to coat.
- ☐ Add chile mixture; cook for 1 minute, stirring constantly.
- ☐ Add 3/4 cup water and remaining ingredients; bring to a boil. Reduce heat; simmer for 4 minutes, stirring occasionally.
- ☐ Let stand for 30 minutes.
- ☐ Wine note: Beef satay is a tasty wine problem: All those heady Southeast Asian aromatics-- tamarind, coriander, lemongrass--suggest an aromatic white match. But underneath the spice is beef, so go with pink! Look to a bone-dry, crisp, fruity ros from California that's full of spicy red fruit flavors. Try Zaca Mesa 2009 "Z Gris" from Santa Ynez Valley (\$16). Tart cherry and sweet, wild strawberry flavors are surrounded by aromatic spices, lime, and herbs. --Sara Schneider

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:1.99, Inflammation Score:-2, Nutrition Score:2.656521734984%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.37kcal (4.27%), Fat: 6.22g (9.57%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 4.71g (1.71%), Sugar: 2.66g (2.96%), Cholesterol: 3.56mg (1.19%), Sodium: 130.37mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Manganese: 0.24mg (12.12%), Vitamin B3: 1.43mg (7.15%), Magnesium: 18.25mg (4.56%), Fiber: 1.08g (4.32%), Phosphorus: 40.34mg (4.03%), Copper: 0.07mg (3.52%), Vitamin K: 3.48µg (3.31%), Folate: 13.08µg (3.27%), Potassium: 99.79mg (2.85%), Vitamin B1: 0.04mg (2.62%), Vitamin B6: 0.04mg (2.11%), Iron: 0.35mg (1.97%), Calcium: 14.47mg (1.45%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.21mg (1.4%), Vitamin A: 66.92IU (1.34%), Selenium: 0.81µg (1.16%)