



Peanut Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SAUCE

Ingredients

- 1 tablespoon juice of lime fresh
- 0.3 teaspoons pepper red crushed
- 1 teaspoon brown sugar light packed ()
- 2 tablespoons soy sauce reduced-sodium
- 1 small garlic clove
- 1 ginger peeled
- 0.5 cup creamy peanut butter

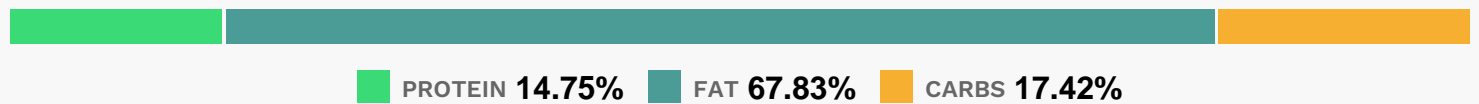
Equipment

- bowl
- blender

Directions

- With motor running, drop ginger and
- garlic clove into a blender and
- blend until finely chopped.
- Add peanut
- butter, soy sauce, lime juice, brown
- sugar, red pepper flakes, and 1/3 cup
- water and blend, adding more water
- by tablespoonfuls if needed to thin,
- until smooth. DO AHEAD: Peanut sauce
- can be made 3 days ahead.
- Transfer
- to a small bowl, cover, and chill. Bring
- to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:3.5500000145124%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 102.35kcal (5.12%), Fat: 8.27g (12.72%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 214.56mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Manganese: 0.26mg (13.17%), Vitamin B3: 2.21mg (11.05%), Vitamin E: 1.52mg (10.11%), Magnesium: 30.77mg (7.69%), Phosphorus: 62.65mg (6.26%), Vitamin B6: 0.09mg (4.31%), Folate: 15.94µg (3.99%), Copper: 0.07mg (3.71%), Fiber: 0.86g (3.43%), Potassium: 114.24mg (3.26%), Zinc: 0.45mg (3.02%), Vitamin B2: 0.04mg (2.47%), Iron: 0.36mg (2%), Vitamin B5: 0.19mg (1.91%), Vitamin B1: 0.03mg (1.7%), Selenium: 0.76µg (1.09%), Calcium: 10.8mg (1.08%)