



Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1208 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup peanut butter
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 cup soya sauce
- ☐ 3 tablespoons vegetable oil

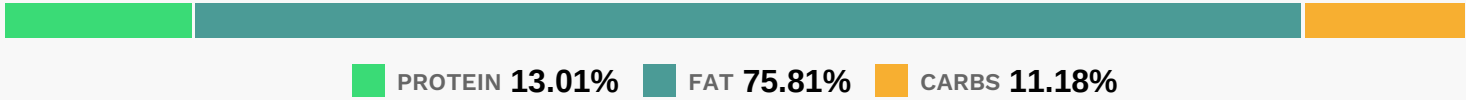
Equipment

- ☐ whisk

Directions

- ☐ Whisk 1/2 cup peanut butter and 1/2 cup soy sauce.
- ☐ Whisk in 3 tablespoons vegetable oil, 2 tablespoons rice vinegar and 1/4 teaspoon crushed red pepper.
- ☐ Serve with burgers or chicken

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:4, Inflammation Score:-8, Nutrition Score:34.726087197014%

Nutrients (% of daily need)

Calories: 1207.57kcal (60.38%), Fat: 106.91g (164.47%), Saturated Fat: 19.28g (120.48%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 28.2g (10.25%), Sugar: 15.57g (17.3%), Cholesterol: 0mg (0%), Sodium: 7042.01mg (306.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.28g (82.57%), Manganese: 2.5mg (124.8%), Vitamin B3: 21.8mg (108.99%), Vitamin E: 15.28mg (101.87%), Vitamin K: 75.95µg (72.33%), Magnesium: 265.48mg (66.37%), Phosphorus: 590.89mg (59.09%), Vitamin B6: 0.82mg (40.76%), Copper: 0.71mg (35.27%), Folate: 131.96µg (32.99%), Fiber: 7.29g (29.18%), Iron: 5.1mg (28.32%), Potassium: 983.87mg (28.11%), Zinc: 3.8mg (25.33%), Vitamin B2: 0.43mg (25.14%), Vitamin B5: 1.81mg (18.08%), Vitamin B1: 0.25mg (16.51%), Selenium: 6.48µg (9.26%), Calcium: 89.98mg (9%), Vitamin A: 148.25IU (2.96%)