



Peanut Sauce



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



228 kcal

SAUCE

Ingredients

- ☐ 2.3 teaspoons ginger/garlic paste
- ☐ 0.8 cup creamy peanut butter natural-style
- ☐ 1 medium garlic clove mashed
- ☐ 1 tablespoon granulated sugar
- ☐ 3 tablespoons hoisin sauce
- ☐ 2 tablespoons juice of lime freshly squeezed (from)
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 4.5 teaspoons soya sauce

☐ 0.3 cup water

Equipment

☐ bowl

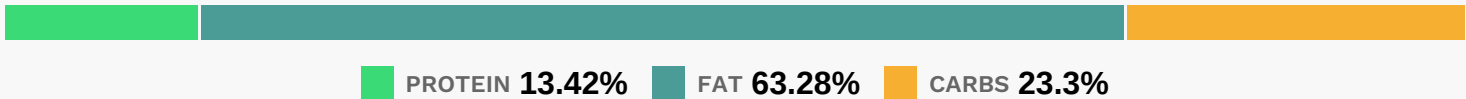
☐ whisk

Directions

☐ Whisk all of the ingredients together in a medium bowl. Store covered in the refrigerator until ready to use.

☐ Whisk again before serving.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:2.44, Inflammation Score:-3, Nutrition Score:7.298695680078%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 228.27kcal (11.41%), Fat: 17.11g (26.32%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 12.29g (4.47%), Sugar: 7.75g (8.61%), Cholesterol: 0.24mg (0.08%), Sodium: 520.34mg (22.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Manganese: 0.56mg (27.81%), Vitamin B3: 4.58mg (22.92%), Vitamin E: 2.98mg (19.85%), Magnesium: 59.31mg (14.83%), Phosphorus: 122.55mg (12.26%), Vitamin B6: 0.19mg (9.43%), Copper: 0.16mg (8.1%), Folate: 30.96µg (7.74%), Fiber: 1.88g (7.51%), Potassium: 216.36mg (6.18%), Zinc: 0.9mg (5.98%), Vitamin B2: 0.09mg (5.27%), Iron: 0.79mg (4.4%), Vitamin B5: 0.38mg (3.85%), Vitamin B1: 0.05mg (3.57%), Vitamin C: 2.27mg (2.76%), Selenium: 1.86µg (2.65%), Calcium: 24.58mg (2.46%)