



Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

SAUCE

Ingredients

- ☐ 3 fillet anchovy minced drained
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 2 tablespoons ginger fresh packed minced peeled ()
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup vegetable oil; peanut oil preferred

- ☐ 1 teaspoon salt
- ☐ 3 large shallots thinly sliced
- ☐ 1 cup shells unsalted shelled
- ☐ 2.8 cups water ()
- ☐ 1.5 teaspoons frangelico
- ☐ 1.5 teaspoons frangelico

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Line baking sheet with paper towels.
- ☐ Heat oil in large skillet over medium heat.
- ☐ Add peanuts; fry until golden brown, watching closely to avoid burning, about 3 minutes. Using slotted spoon, transfer peanuts to paper towels; drain. Cool. Finely grind peanuts in processor. Discard all but 1 tablespoon oil in skillet.
- ☐ Heat oil in skillet over medium heat.
- ☐ Add shallots, ginger and garlic; sauté until shallots are almost tender, 3 minutes.
- ☐ Add anchovies and next 5 ingredients; stir 1 minute.
- ☐ Add 2 3/4 cups water; simmer until shallots are tender, 5 minutes.
- ☐ Add peanuts; simmer until mixture thickens slightly, 5 minutes longer. Season with salt. (Can be made 1 day ahead. Cover; chill. Before using, rewarm over low heat, stirring occasionally and adding more water to thin sauce.) Stir lemon juice into sauce.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **8.04%**  FAT **45.47%**  CARBS **46.49%**

Properties

Glycemic Index:15.25, Glycemic Load:4.21, Inflammation Score:-1, Nutrition Score:2.7265217626548%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 112.52kcal (5.63%), Fat: 5.77g (8.87%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 12.39g (4.51%), Sugar: 2.66g (2.95%), Cholesterol: 0.9mg (0.3%), Sodium: 299.23mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Selenium: 8.72µg (12.46%), Manganese: 0.16mg (8.22%), Vitamin E: 0.89mg (5.92%), Copper: 0.07mg (3.53%), Phosphorus: 35.03mg (3.5%), Fiber: 0.87g (3.49%), Vitamin B6: 0.06mg (3.13%), Magnesium: 12.52mg (3.13%), Vitamin C: 2.47mg (2.99%), Iron: 0.48mg (2.68%), Potassium: 85.02mg (2.43%), Vitamin B3: 0.47mg (2.37%), Zinc: 0.28mg (1.86%), Folate: 6.55µg (1.64%), Calcium: 16.28mg (1.63%), Vitamin B1: 0.02mg (1.41%), Vitamin B5: 0.1mg (1.03%)