



Peanut Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



139 kcal

SAUCE

Ingredients

- ☐ 0.5 cup creamy peanut butter
- ☐ 3 tablespoons sesame oil dark
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup soya sauce

Equipment

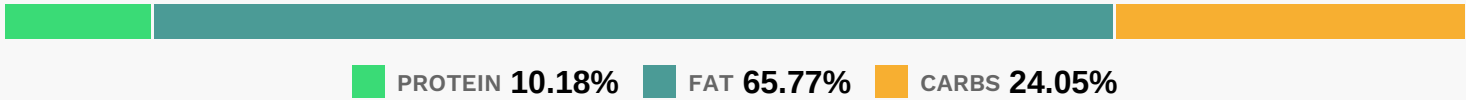
- ☐ food processor

☐ blender

Directions

- ☐ Process peanut butter, soy sauce, cilantro, lime juice, honey, and dark sesame oil in a blender or food processor until smooth.
- ☐ Add 1 to 2 Tbsp. water, 1 tsp. at a time, processing until desired consistency is reached.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:3.08, Inflammation Score:-2, Nutrition Score:3.2730434381444%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 139.15kcal (6.96%), Fat: 10.8g (16.62%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 487.85mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Manganese: 0.24mg (11.76%), Vitamin B3: 2.04mg (10.2%), Vitamin E: 1.25mg (8.36%), Magnesium: 25.48mg (6.37%), Phosphorus: 54.86mg (5.49%), Vitamin B6: 0.08mg (3.83%), Copper: 0.07mg (3.45%), Folate: 13.31µg (3.33%), Fiber: 0.72g (2.89%), Potassium: 99.78mg (2.85%), Zinc: 0.38mg (2.54%), Iron: 0.44mg (2.47%), Vitamin B2: 0.04mg (2.36%), Vitamin C: 1.49mg (1.81%), Vitamin K: 1.88µg (1.79%), Vitamin B5: 0.18mg (1.78%), Vitamin B1: 0.02mg (1.58%)