



Peanut Sauce II

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



779 kcal

SAUCE

Ingredients

- 2 tablespoons ginger root fresh minced
- 2 cloves garlic minced
- 3 tablespoons honey
- 1 jalapeno minced seeded
- 1 cup onion chopped
- 1 cup peanut butter
- 0.3 cup soya sauce
- 0.3 cup vegetable oil

1.3 cups water

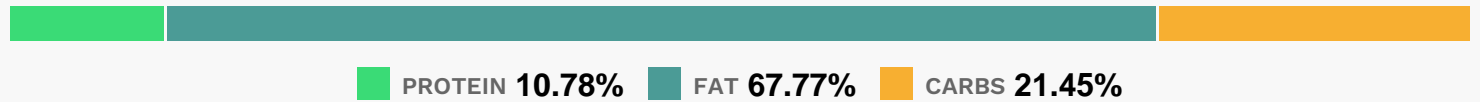
Equipment

frying pan

Directions

- Heat the vegetable oil in a skillet over medium heat. Stir in onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add garlic, jalapeno pepper, and ginger; cook and stir for 2 minutes more.
- Stir in peanut butter, water, tamari, and honey until smooth.
- Add shredded basil.
- Heat through, and remove from heat.
- Garnish with whole basil leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:61.76, Glycemic Load:12.72, Inflammation Score:-8, Nutrition Score:22.212608741677%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg

Nutrients (% of daily need)

Calories: 778.85kcal (38.94%), Fat: 62.25g (95.77%), Saturated Fat: 11.5g (71.85%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 38.84g (14.12%), Sugar: 29.15g (32.39%), Cholesterol: 0mg (0%), Sodium: 1457.89mg (63.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.57%), Manganese: 1.49mg (74.57%), Vitamin E: 9.51mg (63.41%), Vitamin B3: 12.4mg (61.99%), Magnesium: 163.02mg (40.75%), Phosphorus: 338.84mg (33.88%), Vitamin K: 34.78µg (33.13%), Vitamin B6: 0.54mg (27.07%), Copper: 0.45mg (22.51%), Folate: 89.83µg (22.46%), Fiber: 5.5g (21.99%), Potassium: 653.77mg (18.68%), Zinc: 2.46mg (16.4%), Vitamin B2: 0.22mg (13.12%), Vitamin C: 10.44mg (12.66%), Iron: 2.23mg (12.36%), Vitamin B5: 1.1mg (11%), Vitamin B1: 0.16mg (10.78%), Calcium: 67.42mg

(6.74%), Selenium: 4.45µg (6.36%), Vitamin A: 51.55IU (1.03%)