



Plum Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



32 kcal

SAUCE

Ingredients

- 1.5 teaspoons chili garlic paste
- 0.3 cup bottled plum sauce
- 2 tablespoons rice wine vinegar
- 1.5 teaspoons sesame oil
- 1 tablespoon water

Equipment

- bowl
- whisk

Directions

Combine all ingredients in a small bowl, stirring well with a whisk.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.45304347963437%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.13kcal (1.61%), Fat: 0.89g (1.36%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.64g (2.05%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 68.7mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Manganese: 0.03mg (1.62%), Iron: 0.2mg (1.1%), Vitamin B6: 0.02mg (1.08%), Potassium: 36.75mg (1.05%)