



Ponzu



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon fish sauce
- ☐ 1 tablespoon green onions chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 2 tablespoons mirin sweet (rice wine)

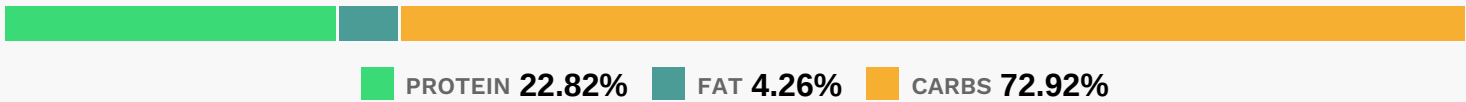
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine all the ingredients in a small bowl; stir with a whisk until sugar dissolves.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.175652159216%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 21.85kcal (1.09%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 320.27mg (13.92%), Alcohol: 1.21g (100%), Alcohol %: 5.14% (100%), Protein: 0.87g (1.73%), Vitamin C: 4.64mg (5.62%), Vitamin K: 3.24µg (3.08%), Manganese: 0.04mg (2.07%), Magnesium: 7.88mg (1.97%), Folate: 6.97µg (1.74%), Phosphorus: 15.63mg (1.56%), Potassium: 50.61mg (1.45%), Vitamin B2: 0.02mg (1.38%), Vitamin B6: 0.02mg (1.17%), Vitamin A: 52.74IU (1.05%)