



WHATSheATE



Red Curry Peanut Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



26 kcal

SAUCE

Ingredients

- ☐ 1.5 teaspoons fish sauce
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 cup coconut milk light
- ☐ 1 tablespoon peanut butter natural-style (such as Smucker's)
- ☐ 0.3 teaspoon curry paste red
- ☐ 1.5 teaspoons sugar

Equipment

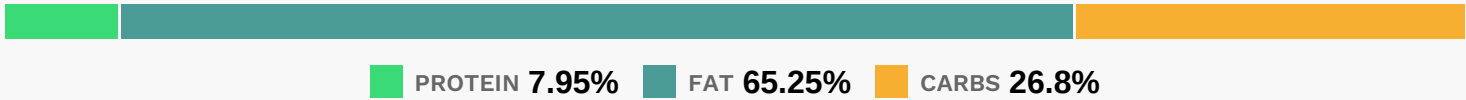
- ☐ sauce pan

whisk

Directions

Combine all ingredients in a small saucepan over medium heat, whisking to combine. Bring to a boil; reduce heat, and simmer 1 to 2 minutes or until slightly thick. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:0.51347826720904%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 26.02kcal (1.3%), Fat: 1.87g (2.88%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.03g (1.15%), Cholesterol: 0mg (0%), Sodium: 107.33mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Manganese: 0.03mg (1.6%), Vitamin B3: 0.29mg (1.46%), Magnesium: 5.41mg (1.35%), Vitamin E: 0.18mg (1.22%)