



Rice Vinegar Basting Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SAUCE

Ingredients

- 1 tablespoon cornstarch
- 1 tablespoon ginger fresh grated
- 2 cloves garlic minced
- 0.3 cup catsup
- 0.5 cup rice vinegar
- 2 tablespoons soya sauce
- 0.8 cup sugar white

Equipment

sauce pan

Directions

Stir the sugar, vinegar, ketchup, soy sauce, ginger, cornstarch and garlic together in a saucepan over medium-high heat until mixture boils and thickens slightly.

Nutrition Facts

PROTEIN 2.67% **FAT 0.81%** **CARBS 96.52%**

Properties

Glycemic Index:45.02, Glycemic Load:26.43, Inflammation Score:-1, Nutrition Score:1.5078260820845%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 181.92kcal (9.1%), Fat: 0.17g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 44.41g (16.15%), Sugar: 40.83g (45.37%), Cholesterol: 0mg (0%), Sodium: 640.47mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Manganese: 0.11mg (5.45%), Vitamin B6: 0.06mg (3.16%), Vitamin B3: 0.59mg (2.97%), Vitamin B2: 0.05mg (2.82%), Potassium: 75.96mg (2.17%), Phosphorus: 20.02mg (2%), Copper: 0.04mg (1.94%), Iron: 0.34mg (1.89%), Magnesium: 7.06mg (1.76%), Vitamin A: 77.08IU (1.54%), Vitamin E: 0.22mg (1.5%), Vitamin C: 1.17mg (1.42%), Selenium: 0.84µg (1.2%)