



Sambal Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SAUCE

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons shrimp dried minced (or 1 teaspoon anchovy paste)
- ☐ 3 tablespoons garlic minced
- ☐ 0.3 cup onion minced
- ☐ 0.5 cup bell pepper red minced
- ☐ 0.3 cup chilies dried red hot seeded
- ☐ 0.3 cup chilies fresh red hot minced seeded
- ☐ 2 teaspoons salad oil

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons liquid tamarind concentrate (or lime juice)

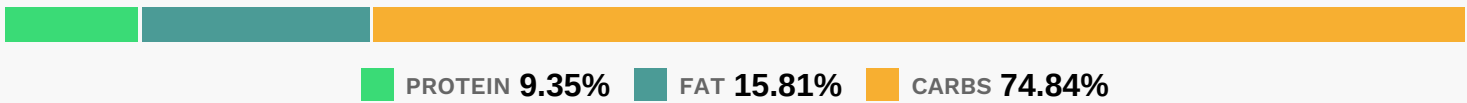
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Soak dried chilies in 1/4 cup hot water until soft, about 10 minutes. Whirl mixture in blender until smooth.
- ☐ In a 10-inch frying pan over medium-high heat, stir bell pepper, onion, garlic, dried shrimp, and fresh chilies in salad oil until vegetables are limp, about 3 minutes.
- ☐ Stir in dried chili mixture, tamarind concentrate, brown sugar, and salt; cook 2 to 3 more minutes.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:15.383913104949%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 203.6kcal (10.18%), Fat: 3.85g (5.92%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 41g (13.67%), Net Carbohydrates: 35.26g (12.82%), Sugar: 30.42g (33.79%), Cholesterol: 6.8mg (2.27%), Sodium: 609.38mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Vitamin A: 4596.72IU (91.93%), Vitamin C: 45.23mg (54.83%), Fiber: 5.74g (22.96%), Vitamin K: 21.1µg (20.1%), Vitamin B3: 3.48mg (17.42%), Vitamin B6: 0.34mg (17.17%), Vitamin B2: 0.26mg (15.27%), Potassium: 532.85mg (15.22%), Manganese: 0.3mg (14.89%), Iron: 2.04mg (11.33%), Selenium: 7.33µg (10.47%), Vitamin E: 1.46mg (9.73%), Magnesium: 38.45mg (9.61%), Phosphorus: 79.88mg (7.99%), Vitamin B1: 0.1mg (6.97%), Calcium: 66.03mg (6.6%), Folate: 23.88µg

(5.97%), Copper: 0.12mg (5.92%), Vitamin B5: 0.39mg (3.85%), Zinc: 0.53mg (3.52%), Vitamin B12: 0.07µg (1.17%)