



## Satay Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon sesame oil dark
- 2 tablespoons cooking sherry dry
- 1.5 teaspoons ginger root fresh minced
- 2 cloves garlic minced
- 0.3 cup catsup
- 0.3 cup brown sugar light packed
- 1.5 teaspoons juice of lime freshly squeezed
- 1 tablespoon olive oil good

- 0.7 cup small-diced onion red (1 small onion)
- 0.3 teaspoon pepper flakes red crushed
- 2 tablespoons red wine vinegar good
- 0.5 cup smooth peanut butter
- 2 tablespoons soya sauce

## Equipment

- whisk
- pot
- skewers

## Directions

- Cook the olive oil, sesame oil, red onion, garlic, ginger root, and red pepper flakes in a small, heavy-bottomed pot on medium heat until the onion is transparent, 10 to 15 minutes.
- Whisk in the vinegar, sugar, soy sauce, peanut butter, ketchup, sherry, and lime juice; cook for 1 more minute. Cool and use as a dip for Grilled Lemon Chicken skewers.;

## Nutrition Facts



■ PROTEIN **9.72%**
■ FAT **58.47%**
■ CARBS **31.81%**

## Properties

Glycemic Index:19.33, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:5.9556521954744%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 232.74kcal (11.64%), Fat: 15.71g (24.17%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 17.75g (6.46%), Sugar: 14.23g (15.81%), Cholesterol: 0mg (0%), Sodium: 523.7mg (22.77%), Alcohol: 0.51g (100%), Alcohol %: 0.8% (100%), Protein: 5.87g (11.75%), Manganese: 0.41mg (20.57%), Vitamin E: 2.51mg (16.76%), Vitamin B3: 3.3mg (16.49%), Magnesium: 44.03mg (11.01%), Phosphorus: 92.23mg (9.22%), Vitamin B6: 0.17mg (8.31%), Copper: 0.12mg (6.21%), Potassium: 214.92mg (6.14%), Folate: 24.22µg (6.06%), Fiber: 1.48g (5.91%), Vitamin B2: 0.07mg (4.39%), Zinc: 0.65mg (4.32%), Iron: 0.74mg (4.09%), Vitamin B1: 0.05mg (3.03%), Vitamin B5: 0.3mg (3.01%), Vitamin C: 2.46mg (2.99%), Calcium: 28.05mg (2.8%), Vitamin K: 2.29µg (2.18%), Selenium: 1.37µg (1.95%), Vitamin A: 77.08IU (1.54%)