

## Satay Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons brown sugar
- 10 ounce coconut milk canned
- 0.5 cup crunchy peanut butter
- 0.5 small onion grated
- 0.5 teaspoon pepper flakes red
- 1 tablespoon soya sauce dark

### Equipment

- sauce pan

## Directions

- In a saucepan over medium heat, combine coconut milk, peanut butter, onion, soy sauce, brown sugar, and pepper flakes. Bring to a boil, stirring frequently.
- Remove from heat, and keep warm.

## Nutrition Facts

**PROTEIN 10.16%** **FAT 75.57%** **CARBS 14.27%**

## Properties

Glycemic Index:7, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:7.6486956541953%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 244.98kcal (12.25%), Fat: 22.01g (33.87%), Saturated Fat: 11.61g (72.57%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 6.42g (2.33%), Sugar: 4.99g (5.54%), Cholesterol: 0mg (0%), Sodium: 282.5mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Manganese: 0.85mg (42.3%), Vitamin B3: 3.45mg (17.25%), Magnesium: 54.03mg (13.51%), Copper: 0.26mg (12.93%), Phosphorus: 121.98mg (12.2%), Fiber: 2.94g (11.76%), Vitamin E: 1.49mg (9.93%), Potassium: 304.34mg (8.7%), Folate: 29.05µg (7.26%), Iron: 1.31mg (7.25%), Selenium: 4.8µg (6.85%), Zinc: 0.95mg (6.31%), Vitamin B6: 0.12mg (6.12%), Vitamin B5: 0.35mg (3.49%), Vitamin B1: 0.04mg (2.66%), Vitamin C: 1.76mg (2.13%), Calcium: 20.83mg (2.08%), Vitamin B2: 0.03mg (1.86%)