



Seasoned Fish Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons asian fish sauce (nuoc mam or nam pla)
- 1 teaspoon garlic minced
- 1 tablespoon juice of lime
- 0.3 teaspoon chili flakes red hot
- 1 tablespoon sugar

Equipment

Directions

Stir together 1/4 cup water, fish sauce, sugar, lime juice, garlic, and chili paste.

Nutrition Facts

 **PROTEIN 11.76%**  **FAT 1.72%**  **CARBS 86.52%**

Properties

Glycemic Index:50.05, Glycemic Load:4.33, Inflammation Score:-2, Nutrition Score:1.7747826213422%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 34.22kcal (1.71%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.74g (2.81%), Sugar: 6.8g (7.56%), Cholesterol: 0mg (0%), Sodium: 1417.57mg (61.63%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Magnesium: 32.85mg (8.21%), Vitamin B6: 0.1mg (4.9%), Manganese: 0.07mg (3.64%), Vitamin C: 2.81mg (3.41%), Selenium: 1.95µg (2.78%), Folate: 10.05µg (2.51%), Vitamin B3: 0.47mg (2.33%), Potassium: 71.63mg (2.05%), Vitamin A: 80.17IU (1.6%), Vitamin B12: 0.09µg (1.44%), Calcium: 12.39mg (1.24%), Iron: 0.22mg (1.22%)