



Soy Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 jalapeños minced seeded
- ☐ 2 tablespoons rice vinegar
- ☐ 2 scallions minced
- ☐ 1.5 teaspoons asian sesame oil
- ☐ 0.5 cup soya sauce

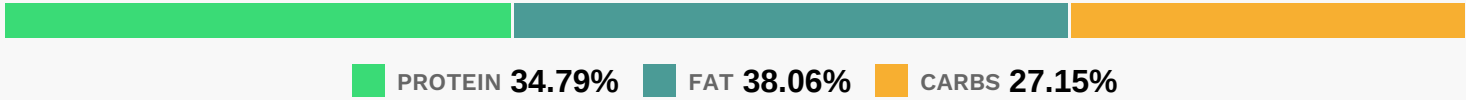
Equipment

- ☐ bowl

Directions

- ☐ Combine all of the ingredients in a small bowl.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:4.617826057517%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 48.07kcal (2.4%), Fat: 2.09g (3.21%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 2161.69mg (93.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin K: 18.56µg (17.67%), Vitamin C: 12.57mg (15.24%), Manganese: 0.22mg (11.03%), Vitamin B3: 1.69mg (8.45%), Vitamin B6: 0.12mg (6.07%), Iron: 1.07mg (5.92%), Phosphorus: 56.08mg (5.61%), Magnesium: 18.57mg (4.64%), Vitamin B2: 0.07mg (4.22%), Folate: 14.6µg (3.65%), Potassium: 127.41mg (3.64%), Vitamin A: 180.37IU (3.61%), Copper: 0.06mg (3.19%), Fiber: 0.78g (3.11%), Vitamin E: 0.41mg (2.71%), Vitamin B1: 0.03mg (2.06%), Vitamin B5: 0.18mg (1.81%), Calcium: 15.25mg (1.53%), Zinc: 0.21mg (1.41%)