



Soy Peanut Sauce

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

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

SAUCE

Ingredients

- 1 teaspoon chili garlic paste
- 1 tablespoon hoisin sauce
- 2 tablespoons juice of lime fresh
- 0.5 cup natural chunky peanut butter
- 1 tablespoon sesame oil toasted
- 1 tablespoon soya sauce
- 1 tablespoon sugar

Equipment

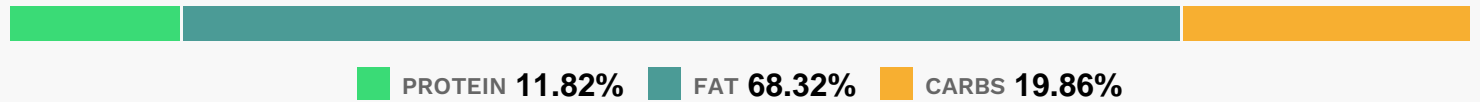
food processor

Directions

Put all ingredients, plus 1/2 cup water, in a food processor and blend just until combined.

Pour over cooked and rinsed noodles.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:2.8295652075144%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 100.23kcal (5.01%), Fat: 8.1g (12.45%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.57g (1.66%), Sugar: 3.08g (3.42%), Cholesterol: 0.05mg (0.02%), Sodium: 128.82mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Manganese: 0.21mg (10.56%), Vitamin B3: 1.79mg (8.94%), Vitamin E: 1.21mg (8.03%), Magnesium: 23.14mg (5.79%), Phosphorus: 47.35mg (4.73%), Vitamin B6: 0.07mg (3.44%), Copper: 0.06mg (3.07%), Folate: 12.23µg (3.06%), Fiber: 0.73g (2.91%), Potassium: 83.24mg (2.38%), Zinc: 0.34mg (2.3%), Vitamin B2: 0.03mg (1.89%), Iron: 0.3mg (1.64%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.48%), Vitamin C: 1.06mg (1.29%)