



Spicy Hoisin Dipping Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup hoisin sauce
- 3 tablespoons chili sauce (such as sambal oelek)
- 2 teaspoons vinegar white
- 0.3 cup water

Equipment

- bowl
- whisk

Directions

In a small bowl, whisk together hoisin sauce, chili sauce, vinegar, and water until smooth.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.936956503469%

Nutrients (% of daily need)

Calories: 86.43kcal (4.32%), Fat: 1.2g (1.84%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.16g (5.87%), Sugar: 10.88g (12.09%), Cholesterol: 1.03mg (0.34%), Sodium: 708.41mg (30.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Fiber: 1.23g (4.93%), Vitamin B2: 0.08mg (4.85%), Manganese: 0.09mg (4.43%), Copper: 0.06mg (3.06%), Vitamin B3: 0.58mg (2.91%), Magnesium: 9.77mg (2.44%), Iron: 0.44mg (2.43%), Potassium: 82.58mg (2.36%), Vitamin C: 1.94mg (2.35%), Folate: 8.92µg (2.23%), Vitamin E: 0.31mg (2.08%), Vitamin B6: 0.04mg (1.97%), Phosphorus: 19.01mg (1.9%), Vitamin A: 78.56IU (1.57%), Calcium: 13.84mg (1.38%), Selenium: 0.75µg (1.08%)