



Spicy (or Mild) Peanut Sauce

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



103 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon chili oil hot for mild sauce to taste leave this out
- ☐ 3 tablespoons creamy peanut butter or crunchy
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 1 teaspoon sesame oil toasted

Equipment

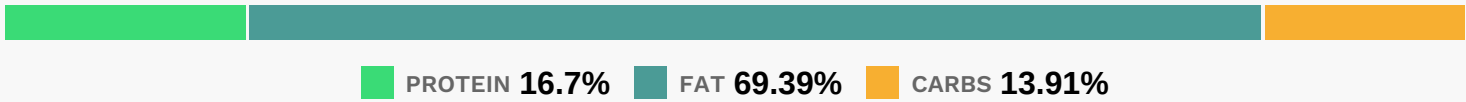
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small saucepan, whisk together the broth, peanut butter, soy sauce, sesame oil, and chili oil. Set the pan over medium heat, bring to a simmer, and let simmer for 5 minutes.
- ☐ Remove from the heat and stir in the cilantro.
- ☐ Let cool to room temperature, then store in a plastic container in the refrigerator for up to 1 week or in the freezer up to 3 months.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.4673912619119%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 103.37kcal (5.17%), Fat: 8.51g (13.09%), Saturated Fat: 1.6g (10%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.38g (1.53%), Cholesterol: 0mg (0%), Sodium: 357.29mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin B3: 2.5mg (12.49%), Manganese: 0.21mg (10.53%), Vitamin E: 1.29mg (8.59%), Phosphorus: 71.76mg (7.18%), Magnesium: 26.44mg (6.61%), Copper: 0.08mg (4.24%), Potassium: 147.63mg (4.22%), Vitamin B6: 0.07mg (3.61%), Vitamin B2: 0.06mg (3.54%), Folate: 13.96µg (3.49%), Zinc: 0.43mg (2.85%), Fiber: 0.64g (2.55%), Iron: 0.45mg (2.49%), Vitamin B5: 0.15mg (1.54%), Vitamin K: 1.39µg (1.33%), Vitamin B1: 0.02mg (1.33%), Calcium: 10.78mg (1.08%)