



WHATSheATE



Sriracha Dipping Sauce



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 tablespoons spring onion sliced (2 medium)



2 tablespoons bell pepper red finely chopped



0.5 cup cream sour



2 teaspoons sriracha

Equipment

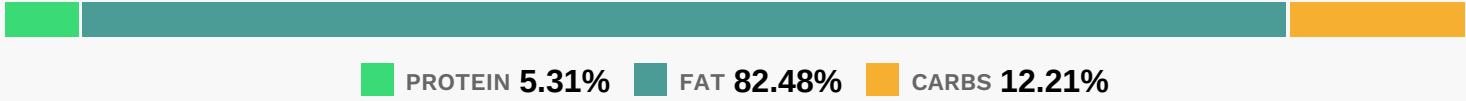


bowl

Directions

☐ In small bowl, mix dipping sauce ingredients.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:2.0782608558302%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 59.31kcal (2.97%), Fat: 5.6g (8.62%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.27g (1.41%), Cholesterol: 16.96mg (5.65%), Sodium: 62.44mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 8.27mg (10.03%), Vitamin A: 357.85IU (7.16%), Vitamin K: 6.92µg (6.59%), Vitamin B2: 0.06mg (3.31%), Calcium: 31.68mg (3.17%), Phosphorus: 24.39mg (2.44%), Potassium: 56.91mg (1.63%), Selenium: 1.09µg (1.55%), Vitamin B6: 0.03mg (1.51%), Folate: 5.9µg (1.48%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.12mg (1.16%), Magnesium: 4.13mg (1.03%), Vitamin B12: 0.06µg (1.01%)