



Sweet and Sour Fish Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

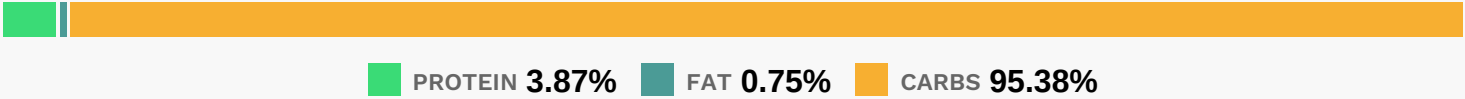
- ☐ 0.5 cup asian fish sauce nuoc mam or nam pla
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon hot sauce red
- ☐ 3 tablespoons juice of lime
- ☐ 0.8 cup sugar

Equipment

Directions

☐ Stir fish sauce with sugar, lime juice, garlic, chili paste, and 1 cup water until sugar dissolves.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:13.16, Inflammation Score:-1, Nutrition Score:1.2273913218599%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 80.11kcal (4.01%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.01%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 19.97g (7.26%), Sugar: 19.37g (21.52%), Cholesterol: 0mg (0%), Sodium: 1138.74mg (49.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Magnesium: 26.05mg (6.51%), Vitamin B6: 0.07mg (3.47%), Vitamin C: 2.04mg (2.48%), Manganese: 0.05mg (2.4%), Selenium: 1.55µg (2.21%), Folate: 8.01µg (2%), Vitamin B3: 0.35mg (1.77%), Potassium: 52.88mg (1.51%), Vitamin B12: 0.07µg (1.16%)