

Sweet Chili Sauce



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



216 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons sriracha
- ☐ 4 tablespoons hoisin sauce
- ☐ 2 tablespoons honey
- ☐ 6 servings cassava

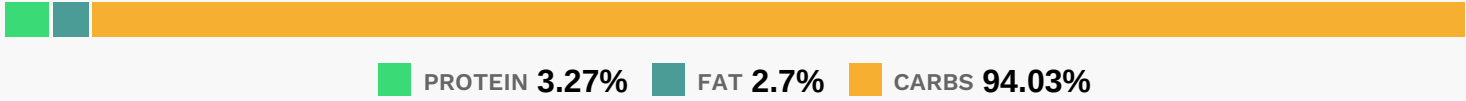
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk together all ingredients in a small bowl and serve with Yuca Sticks.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:25.88, Inflammation Score:-2, Nutrition Score:5.2965216649615%

Nutrients (% of daily need)

Calories: 216.12kcal (10.81%), Fat: 0.65g (1%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 48.59g (17.67%), Sugar: 11.39g (12.66%), Cholesterol: 0.32mg (0.11%), Sodium: 465.9mg (20.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin C: 21.3mg (25.81%), Manganese: 0.43mg (21.41%), Fiber: 2.4g (9.58%), Potassium: 295.46mg (8.44%), Folate: 30.4µg (7.6%), Magnesium: 24.33mg (6.08%), Vitamin B1: 0.09mg (6%), Copper: 0.12mg (5.96%), Vitamin B3: 1.01mg (5.06%), Vitamin B6: 0.1mg (4.95%), Vitamin B2: 0.08mg (4.43%), Phosphorus: 32.14mg (3.21%), Zinc: 0.4mg (2.66%), Iron: 0.42mg (2.31%), Calcium: 20.31mg (2.03%), Vitamin K: 2.01µg (1.91%), Vitamin E: 0.23mg (1.5%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.12mg (1.22%)