



Thai Chile-Herb Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons sugar
- 1 tablespoon spring onion finely chopped
- 2 tablespoons mint leaves fresh finely chopped
- 2 tablespoons cilantro leaves fresh finely chopped
- 3 tablespoons fish sauce (nam pla or nuoc mam)
- 0.3 cup juice of lime fresh
- 6 thai chile dried whole (each 2-inches long)
- 1 tablespoon rice long-grain

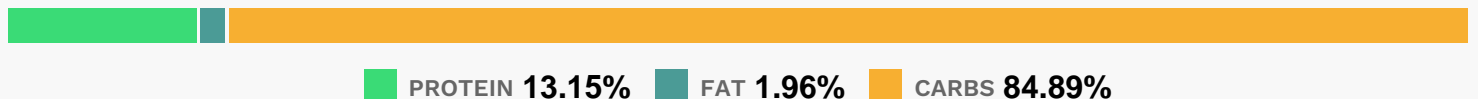
Equipment

- bowl
- frying pan
- mortar and pestle

Directions

- Place the rice in a small skillet over medium heat and cook, shaking the pan, until fragrant and lightly toasted, less than 1 minute.
- Transfer rice to a spice or coffee grinder and let cool. Process cooled rice until almost powdered, transfer to a small bowl, and reserve.
- Place the chiles in the same skillet and cook over medium heat until lightly toasted, 30 to 45 seconds, shaking the skillet to avoid burning.
- Transfer the chiles to a spice or coffee grinder and let cool. Pulse the grinder until the chiles are coarsely chopped.
- Transfer the chilies to the bowl with the rice (the rice and the chiles can also be ground separately with a mortar and pestle).
- Add the scallion, mint, cilantro, sugar, fish sauce, and lime juice to the bowl, stirring to dissolve the sugar. Cover and reserve (the sauce can be made a few hours ahead and kept at room temperature). May be stored in a tightly sealed container in the refrigerator for up to 1 week; however, the bright colors will fade.
- From Lobel's Meat Bible: All You Need to Know About Meat and Poultry from America's Master Butchers by Stanley, Evan, Mark, and David Lobel, with Mary Goodbody and David Whiteman. Text copyright © 2009 by Morris Lobel & Sons, Inc.; photographs © 2009 by Lucy Schaeffer. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:97.64, Glycemic Load:6.4, Inflammation Score:-6, Nutrition Score:6.4495651670124%

Flavonoids

Eriodictyol: 2.43mg, Eriodictyol: 2.43mg, Eriodictyol: 2.43mg, Eriodictyol: 2.43mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 70.07kcal (3.5%), Fat: 0.17g (0.25%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.22g (5.54%), Sugar: 6.2g (6.89%), Cholesterol: 0mg (0%), Sodium: 2123.56mg (92.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin C: 36.32mg (44.03%), Magnesium: 59.28mg (14.82%), Manganese: 0.24mg (11.87%), Vitamin K: 8.99µg (8.56%), Vitamin B6: 0.17mg (8.41%), Vitamin A: 398.82IU (7.98%), Folate: 28.33µg (7.08%), Potassium: 202.95mg (5.8%), Selenium: 3.7µg (5.29%), Vitamin B3: 0.99mg (4.95%), Iron: 0.72mg (4.01%), Copper: 0.08mg (3.82%), Calcium: 35.56mg (3.56%), Fiber: 0.88g (3.53%), Vitamin B2: 0.05mg (2.96%), Phosphorus: 25.13mg (2.51%), Vitamin B1: 0.03mg (2.17%), Vitamin B12: 0.13µg (2.16%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.26mg (1.76%), Vitamin E: 0.19mg (1.24%)