



Thai Coconut-Peanut Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

SAUCE

Ingredients

- ☐ 0.3 cup creamy peanut butter
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon pepper sauce hot
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 cup coconut milk unsweetened canned

Equipment

☐

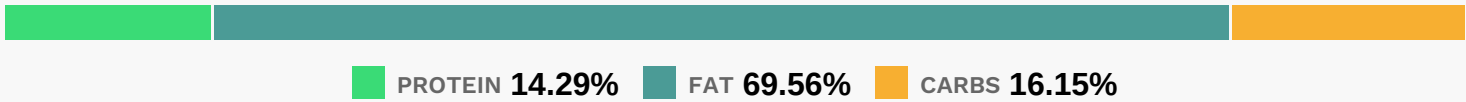
whisk

Directions

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Whisk together all ingredients until smooth. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:6.3839131075403%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 175.62kcal (8.78%), Fat: 14.59g (22.45%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.07g (2.21%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 875.59mg (38.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.49%), Manganese: 0.55mg (27.44%), Vitamin B3: 3.54mg (17.68%), Vitamin E: 2.01mg (13.38%), Magnesium: 48.58mg (12.14%), Phosphorus: 109.16mg (10.92%), Copper: 0.16mg (7.84%), Vitamin B6: 0.15mg (7.58%), Fiber: 1.55g (6.2%), Folate: 24.35µg (6.09%), Potassium: 208.68mg (5.96%), Iron: 0.98mg (5.46%), Zinc: 0.73mg (4.88%), Vitamin C: 3.96mg (4.81%), Vitamin B2: 0.07mg (3.86%), Vitamin B5: 0.33mg (3.28%), Vitamin B1: 0.05mg (3.14%), Selenium: 2.15µg (3.06%), Calcium: 19.69mg (1.97%)