

Thai Scallion Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



44 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon chili-and-garlic paste
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 cup fish sauce
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon gingerroot minced peeled
- ☐ 2 tablespoons green onions thinly sliced

- ☐ 0.5 cup soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 2 teaspoons sugar

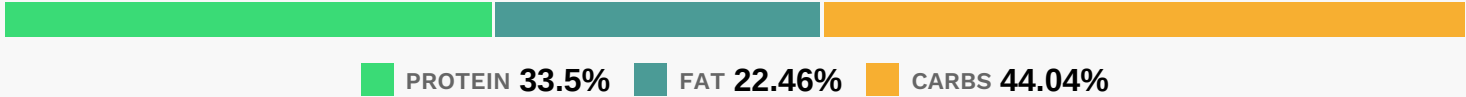
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; stir well.

Nutrition Facts



Properties

Glycemic Index:64.77, Glycemic Load:1.55, Inflammation Score:-3, Nutrition Score:3.4504347443581%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 44.01kcal (2.2%), Fat: 1.12g (1.72%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 2286.68mg (99.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Magnesium: 48.47mg (12.12%), Manganese: 0.2mg (9.86%), Vitamin K: 6.67µg (6.36%), Vitamin B6: 0.12mg (6.2%), Folate: 23.49µg (5.87%), Phosphorus: 57.13mg (5.71%), Vitamin B2: 0.09mg (5.24%), Potassium: 168.4mg (4.81%), Vitamin B3: 0.72mg (3.62%), Iron: 0.61mg (3.41%), Selenium: 1.7µg (2.43%), Zinc: 0.31mg (2.05%), Calcium: 20.55mg (2.05%), Copper: 0.03mg (1.5%), Fiber: 0.33g (1.33%), Vitamin B5: 0.13mg (1.29%), Vitamin C: 1.02mg (1.23%), Vitamin B1: 0.02mg (1.23%), Vitamin B12: 0.07µg (1.16%), Vitamin E: 0.17mg (1.1%)