



Thai Spicy Peanut Sauce



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



259 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon chili sauce to taste (or)
- ☐ 0.5 cup coconut milk
- ☐ 3 tablespoons fish sauce
- ☐ 2 teaspoons garlic grated
- ☐ 2 teaspoons ginger grated
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup peanut butter

- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 tablespoon curry paste red
- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons peanuts roasted chopped
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup water

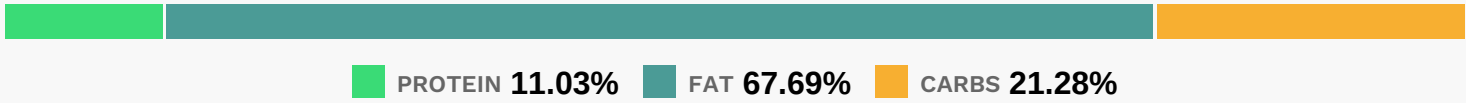
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat, add the curry and saute until fragrant, about a minute.
- ☐ Add everything else and simmer to thicken it a bit, about 2–3 minutes.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:1.39, Inflammation Score:-6, Nutrition Score:8.5134783490844%

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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 258.85kcal (12.94%), Fat: 20.53g (31.59%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 12.92g (4.7%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 1711.16mg (74.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Manganese: 0.68mg (34.22%), Magnesium: 78.64mg (19.66%), Vitamin B3: 3.83mg (19.17%), Vitamin E: 2.11mg (14.07%), Vitamin A: 621.63IU (12.43%), Phosphorus: 119.97mg (12%), Iron: 1.86mg (10.31%), Copper: 0.2mg (10.22%), Vitamin B6: 0.2mg (9.76%), Folate: 33.93µg (8.48%), Potassium: 290.81mg (8.31%), Fiber: 1.6g (6.41%), Zinc: 0.77mg (5.15%), Vitamin C: 4.03mg (4.89%), Calcium: 41.86mg (4.19%), Vitamin B1: 0.06mg (3.98%), Selenium: 2.72µg (3.88%), Vitamin B2: 0.06mg

(3.66%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.06µg (1.08%)