



Thai-Style Peanut Sauce with Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



389 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon crunchy peanut butter
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.3 cup honey
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon sesame oil

- ☐ 0.3 cup smooth peanut butter
- ☐ 3 tablespoons soya sauce

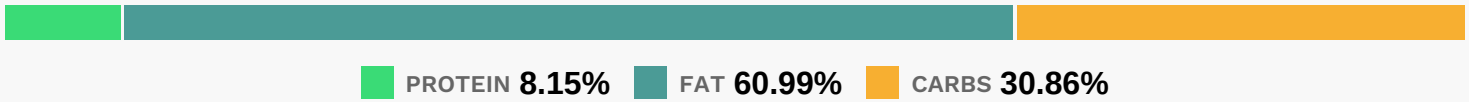
Equipment

- ☐ bowl

Directions

- ☐ Stir together the honey, peanut butters, soy sauce, rice vinegar, olive oil, sesame oil, garlic, ginger, and red pepper flakes in a small bowl.

Nutrition Facts



Properties

Glycemic Index:58.76, Glycemic Load:13.04, Inflammation Score:-4, Nutrition Score:8.1517390945683%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 388.86kcal (19.44%), Fat: 27.79g (42.75%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 29.66g (10.78%), Sugar: 26.32g (29.24%), Cholesterol: 0mg (0%), Sodium: 1136.74mg (49.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Manganese: 0.58mg (28.98%), Vitamin E: 3.97mg (26.44%), Vitamin B3: 4.44mg (22.22%), Magnesium: 55.24mg (13.81%), Phosphorus: 120.71mg (12.07%), Vitamin B6: 0.2mg (10.15%), Copper: 0.17mg (8.71%), Fiber: 1.98g (7.92%), Potassium: 244.85mg (7%), Folate: 27.7µg (6.93%), Iron: 1.24mg (6.88%), Vitamin K: 7.09µg (6.75%), Zinc: 0.9mg (5.97%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.4mg (3.97%), Vitamin A: 197.85IU (3.96%), Vitamin B1: 0.05mg (3.48%), Selenium: 2.18µg (3.11%), Calcium: 25.16mg (2.52%), Vitamin C: 0.89mg (1.07%)