



WHATSheATE



Thai Sweet Chili Dressing



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup coconut milk
- ☐ 2 tablespoons fish sauce for vegetarian (or soy sauce)
- ☐ 2 cloves garlic grated
- ☐ 2 teaspoons ginger grated
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 1 tablespoon peanut butter
- ☐ 0.5 cup chili sauce sweet

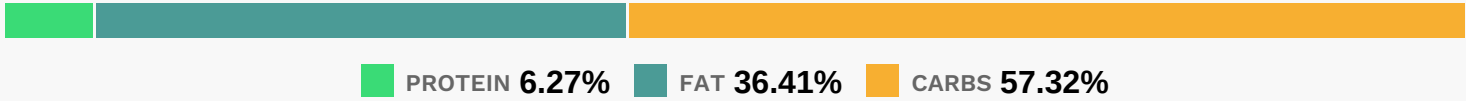
Equipment

☐ sauce pan

Directions

☐ Simmer everything in a sauce pan over medium heat until the peanut butter has meted in and let cool

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:2.5356521680951%

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: 125.43kcal (6.27%), Fat: 5.27g (8.11%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 18.2g (6.62%), Sugar: 16.14g (17.94%), Cholesterol: 0mg (0%), Sodium: 1044.78mg (45.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.22mg (10.84%), Magnesium: 30.41mg (7.6%), Vitamin B3: 0.86mg (4.29%), Vitamin B6: 0.08mg (4.02%), Vitamin C: 2.95mg (3.58%), Iron: 0.64mg (3.58%), Phosphorus: 31.43mg (3.14%), Copper: 0.06mg (3.08%), Potassium: 98.5mg (2.81%), Folate: 10.91µg (2.73%), Vitamin E: 0.38mg (2.56%), Fiber: 0.46g (1.86%), Selenium: 1.21µg (1.73%), Zinc: 0.23mg (1.5%), Calcium: 12.3mg (1.23%)