



The Best Thai Peanut Sauce



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



16

CALORIES



163 kcal

SAUCE

Ingredients

- 0.5 cup coconut milk
- 1.5 cups creamy peanut butter
- 1 tablespoon fish sauce
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger root fresh minced
- 3 cloves garlic minced
- 1 tablespoon hot sauce
- 3 tablespoons juice of lime fresh

3 tablespoons soya sauce

3 tablespoons water

Equipment

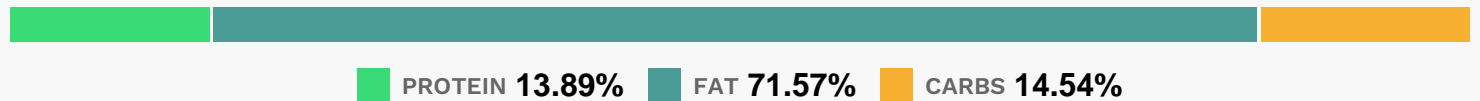
bowl

Directions

In a bowl, mix the peanut butter, coconut milk, water, lime juice, soy sauce, fish sauce, hot sauce, ginger, and garlic.

Mix in the cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:5.5886957127115%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 162.77kcal (8.14%), Fat: 13.88g (21.36%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 5.12g (1.86%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 403.46mg (17.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Manganese: 0.44mg (22.03%), Vitamin B3: 3.44mg (17.19%), Vitamin E: 2.22mg (14.79%), Magnesium: 48.13mg (12.03%), Phosphorus: 94.85mg (9.49%), Vitamin B6: 0.13mg (6.55%), Copper: 0.13mg (6.36%), Folate: 23.52µg (5.88%), Potassium: 172.18mg (4.92%), Fiber: 1.23g (4.92%), Zinc: 0.68mg (4.56%), Iron: 0.76mg (4.24%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.29mg (2.91%), Vitamin B1: 0.04mg (2.63%), Vitamin C: 1.79mg (2.17%), Selenium: 1.21µg (1.73%), Calcium: 16.08mg (1.61%)