



## Vietnamese Dipping Sauce

 **Gluten Free**  **Dairy Free**

READY IN



**5 min.**

SERVINGS



**1**

CALORIES



**507 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup fish sauce
- 0.5 teaspoon garlic powder
- 1 chile pepper dried red seeded thinly sliced
- 0.8 cup rice vinegar
- 3 tablespoons water
- 0.5 cup sugar white

### Equipment

- bowl

## Directions

- In a medium bowl, combine the fish sauce, rice vinegar, water, sugar, garlic powder and chile pepper. Stir until sugar is dissolved. Taste to make sure the sweet, sour, salty and spicy flavors are balanced and adjust if necessary.
- Pour into bottles and seal with lids.

## Nutrition Facts

**PROTEIN 9.83%** **FAT 0.7%** **CARBS 89.47%**

## Properties

Glycemic Index:125.09, Glycemic Load:69.9, Inflammation Score:-9, Nutrition Score:15.979130409982%

## Nutrients (% of daily need)

Calories: 507.21kcal (25.36%), Fat: 0.38g (0.59%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 109.56g (36.52%), Net Carbohydrates: 109.28g (39.74%), Sugar: 108.56g (120.63%), Cholesterol: 0mg (0%), Sodium: 18220.43mg (792.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Magnesium: 409.96mg (102.49%), Vitamin B6: 0.95mg (47.38%), Manganese: 0.67mg (33.43%), Selenium: 23.04µg (32.92%), Folate: 119.28µg (29.82%), Vitamin B3: 5.41mg (27.07%), Potassium: 701.23mg (20.04%), Vitamin B12: 1.11µg (18.56%), Calcium: 115mg (11.5%), Iron: 2.03mg (11.29%), Vitamin B2: 0.16mg (9.38%), Copper: 0.15mg (7.54%), Zinc: 0.55mg (3.65%), Vitamin A: 160.28IU (3.21%), Phosphorus: 30.9mg (3.09%), Vitamin B5: 0.29mg (2.9%), Vitamin B1: 0.03mg (2.32%), Vitamin C: 1.34mg (1.62%), Fiber: 0.28g (1.11%)