



Vietnamese Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup fish sauce
- 2 garlic clove minced
- 2 tablespoons juice of lime fresh
- 3 tablespoons sugar
- 1 thai chile seeded sliced
- 0.5 cup water
- 0.3 cup vinegar white

Equipment

bowl

Directions

Stir together water, fish sauce, vinegar, sugar, lime juice, garlic, and serrano pepper in a medium bowl. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts

 **PROTEIN 7.5%**  **FAT 0.86%**  **CARBS 91.64%**

Properties

Glycemic Index:37.52, Glycemic Load:6.43, Inflammation Score:-2, Nutrition Score:1.5556521953448%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 47kcal (2.35%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.02%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 10.62g (3.86%), Sugar: 9.7g (10.77%), Cholesterol: 0mg (0%), Sodium: 1140.59mg (49.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Magnesium: 26.99mg (6.75%), Vitamin C: 4.61mg (5.59%), Vitamin B6: 0.08mg (4.05%), Manganese: 0.07mg (3.56%), Selenium: 1.68µg (2.4%), Folate: 8.36µg (2.09%), Vitamin B3: 0.36mg (1.82%), Potassium: 59.6mg (1.7%), Calcium: 12.07mg (1.21%), Vitamin B12: 0.07µg (1.16%), Copper: 0.02mg (1.07%)