



Vietnamese Dipping Sauce (Nuoc Cham)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 thai chile paper thin green red sliced into rings
- 2 tablespoons fish sauce
- 1 large clove garlic minced
- 1.5 tbsp juice of lime fresh

Equipment

- bowl
- whisk

Directions

- Put sliced chile in a small bowl.
- Add 1/2 cup warm water, garlic, fish sauce, and lime juice to bowl and whisk to combine.

Nutrition Facts

PROTEIN 32.57% **FAT 1.28%** **CARBS 66.15%**

Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.9073913058509%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 5.82kcal (0.29%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 706.77mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Magnesium: 16.48mg (4.12%), Vitamin C: 2.88mg (3.49%), Vitamin B6: 0.05mg (2.41%), Manganese: 0.04mg (1.77%), Selenium: 0.93µg (1.33%), Folate: 5.26µg (1.32%), Vitamin B3: 0.22mg (1.12%), Potassium: 36.78mg (1.05%)