



Vietnamese Dipping Sauce (Nuoc Cham)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup asian fish sauce (nuoc mam or nam pla)
- ☐ 2 cloves garlic minced peeled
- ☐ 0.3 cup juice of lime
- ☐ 1 teaspoons chili red such as thai, serrano, jalapeño, or fresno, or asian chili paste hot minced
- ☐ 0.3 cup rice vinegar
- ☐ 2 tablespoons sugar

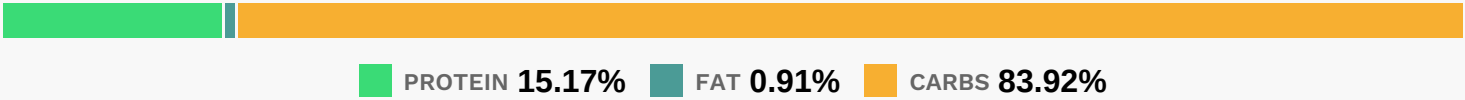
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix 1/2 cup water, fish sauce, vinegar, lime juice, sugar, and garlic.
- ☐ Add minced chili to taste.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:2.89, Inflammation Score:-2, Nutrition Score:1.7200000286102%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 28.96kcal (1.45%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 6.05g (2.2%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 1518.46mg (66.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Magnesium: 35.1mg (8.77%), Vitamin B6: 0.09mg (4.71%), Vitamin C: 3.57mg (4.32%), Manganese: 0.07mg (3.48%), Selenium: 2µg (2.85%), Folate: 10.98µg (2.75%), Vitamin B3: 0.48mg (2.41%), Potassium: 74.86mg (2.14%), Vitamin B12: 0.09µg (1.55%), Calcium: 12.38mg (1.24%), Iron: 0.19mg (1.05%)