

Recipe: Mark's Peanut Sauce

Mark's Peanut Sauce

Number of Servings: 52.86 (14.17 g per serving)

Weight: 749.21 g

Recipe

| Item Name | Quantity | Measure |
|--|----------|------------|
| Oil, canola | 2 | Tablespoon |
| Garlic, minced, wet | 1 1/2 | Tablespoon |
| Spice, ginger root, fresh | 1 1/2 | Tablespoon |
| Water, tap | 1 | Cup |
| Sauce, soy, low sod | 1/4 | Cup |
| Peanut Butter, natural, creamy, unsalted | 3/4 | Cup |
| Sugar, brown, packed | 1 1/2 | Tablespoon |
| Sauce, hoisin, rts | 1 | Tablespoon |
| Coconut, cream, cnd | 1/2 | Cup |
| Sambal Chile Paste | 1 | Tablespoon |

Preparation Method

| Preparation ... | Cook Time | Cook Temper... | Cook Method | Pan Size |
|-----------------|------------|----------------|-------------|----------|
| 20 minutes | 10 minutes | | saute | |

Preparation Method Instructions

Peel and chop garlic and ginger finely. Heat oil in pan, add garlic and ginger and saute briefly to release aroma, about 3 minutes. Remove from heat and add to blenderl. Add remaining ingredients and mix thoroughly.

Multi-Column

| Nutrients | Per Servi... | Per 100g | Nutrients | Per Servi... | Per 100g |
|--------------------------|--------------|----------|-----------------------|--------------|----------|
| Basic Components | | | Biotin (mcg) | -- | -- |
| Gram Weight (g) | 14.17 | 100.00 | Vitamin C (mg) | 0.04 | 0.28 |
| Calories (kcal) | 42.02 | 296.47 | Vitamin D - IU (IU) | 0 | 0 |
| Calories from Fat (kcal) | 25.74 | 181.57 | Vitamin D - mcg (mcg) | 0 | 0 |

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Multi-Column cont.

| Nutrients | Per Servi... | Per 100g | Nutrients | Per Servi... | Per 100g |
|--------------------------------|--------------|----------|-----------------------------|--------------|----------|
| Calories from SatFat (kcal) | 6.42 | 45.27 | Vitamin E - Alpha-Toco (mg) | 0.10 | 0.69 |
| Protein (g) | 0.92 | 6.47 | Folate (mcg) | 0.49 | 3.49 |
| Carbohydrates (g) | 3.03 | 21.40 | Folate, DFE (mcg) | 0.49 | 3.49 |
| Dietary Fiber (g) | 0.24 | 1.73 | Vitamin K (mcg) | 0.38 | 2.70 |
| Soluble Fiber (g) | 0 | 0 | Pantothenic Acid (mg) | 0.01 | 0.04 |
| Total Sugars (g) | 2.17 | 15.33 | Minerals | | |
| Monosaccharides (g) | 0.01 | 0.07 | Calcium (mg) | 0.88 | 6.21 |
| Disaccharides (g) | 1.85 | 13.06 | Chromium (mcg) | -- | -- |
| Other Carbs (g) | 0.45 | 3.21 | Copper (mg) | 0.01 | 0.06 |
| Fat (g) | 2.87 | 20.24 | Fluoride (mg) | 0.00 | 0.02 |
| Saturated Fat (g) | 0.71 | 5.03 | Iodine (mcg) | 0.03 | 0.20 |
| Mono Fat (g) | 0.36 | 2.52 | Iron (mg) | 0.10 | 0.72 |
| Poly Fat (g) | 0.16 | 1.12 | Magnesium (mg) | 0.71 | 5.04 |
| Trans Fatty Acid (g) | 0.00 | 0.01 | Manganese (mg) | 0.02 | 0.18 |
| Cholesterol (mg) | 0.01 | 0.06 | Molybdenum (mcg) | -- | -- |
| Water (g) | 6.99 | 49.30 | Phosphorus (mg) | 1.76 | 12.41 |
| Vitamins | | | Potassium (mg) | 7.59 | 53.53 |
| Vitamin A - IU (IU) | 0.02 | 0.13 | Selenium (mcg) | 0.17 | 1.20 |
| Vitamin A - RAE (RAE) | 0.00 | 0.01 | Sodium (mg) | 35.75 | 252.21 |
| Carotenoid RE (RE) | 0.00 | 0.01 | Zinc (mg) | 0.02 | 0.14 |
| Retinol RE (RE) | 0 | 0 | Other Fats | | |
| Beta-Carotene (mcg) | 0.01 | 0.09 | Omega 3 Fatty Acid (g) | 0.05 | 0.35 |
| Vitamin B1 (mg) | 0.00 | 0.00 | Omega 6 Fatty Acid (g) | 0.11 | 0.78 |
| Vitamin B2 (mg) | 0.00 | 0.01 | Other Nutrients | | |
| Vitamin B3 (mg) | 0.01 | 0.04 | Alcohol (g) | 0 | 0 |
| Vitamin B3 - Niacin Equiv (mg) | 0.01 | 0.09 | Caffeine (mg) | 0 | 0 |
| Vitamin B6 (mg) | 0.00 | 0.01 | Choline (mg) | 0.27 | 1.93 |
| Vitamin B12 (mcg) | 0 | 0 | | | |