

Cucumber Dipping Sauce

The Essential Appetizers Cookbook (1999)
Whitecap Books

1 Lebanese cucumber, finely chopped
3 tablespoons sweet chili sauce
2 tablespoons rice vinegar
1 tablespoon unsalted roasted
peanuts, chopped
1 tablespoon fresh coriander, chopped

In a bowl, combine the cucumber, chili sauce, vinegar, peanuts and coriander. Mix well.

Per Serving (excluding unknown items): 4 Calories; trace Fat (0.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 4 |
| % Calories from Fat: | 0.6% |
| % Calories from Carbohydrates: | 98.2% |
| % Calories from Protein: | 1.2% |
| Total Fat (g): | trace |
| Saturated Fat (g): | 0g |
| Monounsaturated Fat (g): | trace |
| Polyunsaturated Fat (g): | 0g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 2g |
| Dietary Fiber (g): | trace |
| Protein (g): | trace |
| Sodium (mg): | 1mg |
| Potassium (mg): | 35mg |
| Calcium (mg): | 3mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | trace |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | 0mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | 0mg |
| Riboflavin B2 (mg): | 0mg |
| Folacin (mcg): | trace |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0% |

Food Exchanges

| | |
|----------------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 0 |
| Other Carbohydrates: | 0 |

Vitamin A (i.u.): 28IU
Vitamin A (r.e.): 3RE

Nutrition Facts

Amount Per Serving

Calories 4 Calories from Fat: 0

% Daily Values*

Total Fat trace 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrates 2g 1%

Dietary Fiber trace 0%

Protein trace

Vitamin A 1%

Vitamin C 0%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2000 calorie diet.