

Spicy Dipping Sauce

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 1/3 cup

1/2 cup apple juice
2 tablespoons soy sauce
2 tablespoons red wine vinegar
1 tablespoon chili sauce
2 cloves garlic, minced
1 teaspoon dried crushed chilies, finely crushed
1/4 teaspoon granulated sugar
1/16 teaspoon pepper

Cook Time: 10 minutes

In a small saucepan, combine the apple juice, soy sauce, vinegar, chili sauce, garlic, chilies, sugar and pepper.

Bring to a simmer on medium-low. Cover. Simmer for 10 minutes.

Serve at room temperature.

Per Serving (excluding unknown items): 98 Calories; trace Fat (1.7% calories from fat); 2g Protein; 23g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2066mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Fruit; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	98	Vitamin B6 (mg):	.2mg
% Calories from Fat:	1.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	2066mg	Vegetable:	1
Potassium (mg):	353mg	Fruit:	1

Calcium (mg): 29mg
Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 1122IU
Vitamin A (r.e.): 112RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 98 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2066mg	86%
Total Carbohydrates	23g	8%
Dietary Fiber	1g	3%
Protein	2g	
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Vitamin A		22%
Vitamin C		22%
Calcium		3%
Iron		9%

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