

# Asian Peanut Coconut Sauce

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1/3 cup smooth peanut butter  
1/4 cup coconut milk  
2 tablespoons soy sauce  
2 tablespoons lime juice  
1 tablespoon brown sugar  
1 small clove garlic  
2 teaspoons sriracha hot sauce  
1 teaspoon fresh ginger, grated  
3 tablespoons fresh Thai basil,  
chopped

## Cook Time:

In a blender, add the peanut butter, coconut milk, soy sauce, lime juice, sugar, garlic, hot sauce and the ginger.

Pulse until smooth.

Stir in the basil.

*Substitute cilantro for Thai basil, if desired.*

*Use crunchy peanut butter for chunky peanut sauce.*

Per Serving (excluding unknown items): 710 Calories; 58g Fat (68.2% calories from fat); 25g Protein; 36g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 2469mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 10 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	710
% Calories from Fat:	68.2%
% Calories from Carbohydrates:	18.7%
% Calories from Protein:	13.1%
Total Fat (g):	58g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	21g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	0mg
Carbohydrate (g):	36g
Dietary Fiber (g):	7g
Protein (g):	25g
Sodium (mg):	2469mg
Potassium (mg):	877mg
Calcium (mg):	64mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	81mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	2 1/2
Vegetable:	1
Fruit:	1/2
Non-Fat Milk:	0

Iron (mg): 4mg  
Zinc (mg): 3mg  
Vitamin C (mg): 12mg  
Vitamin A (i.u.): 3IU  
Vitamin A (r.e.): 1/2RE

Fat: 10  
Other Carbohydrates: 1/2

## Nutrition Facts

### Amount Per Serving

Calories 710      Calories from Fat: 484

### % Daily Values\*

**Total Fat** 58g 89%  
Saturated Fat 21g 107%  
**Cholesterol** 0mg 0%  
**Sodium** 2469mg 103%  
**Total Carbohydrates** 36g 12%  
Dietary Fiber 7g 27%  
**Protein** 25g

**Vitamin A** 0%  
**Vitamin C** 20%  
**Calcium** 6%  
**Iron** 20%

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