

Chili Lime Wanton Dip

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Yield: 1 1/2 cups

1/2 ounce ginger, minced
zest of 1/2 lime
juice of 1/2 lime
1/2 cup rice wine
2 tablespoons sriracha
1/2 cup finely chopped scallions
2 ounces dark brown sugar
1/2 cup soy sauce

Preparation Time: 5 minutes

In a small bowl, whisk all of the ingredients together.

This dip is an accompaniment to most Asian inspired appetizers, particularly pot stickers.

The sauce is a nice accompaniment to any variety of microwaveable frozen pot stickers prepared according to package instructions.

Per Serving (excluding unknown items): 497 Calories; 1g Fat (2.3% calories from fat); 9g Protein; 83g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 8259mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Vegetable; 0 Fat; 3 1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	497	Vitamin B6 (mg):	.4mg
% Calories from Fat:	2.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	28mcg
Saturated Fat (g):	trace	Niacin (mg):	6mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	158
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	83g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1/2
Protein (g):	9g	Lean Meat:	0
Sodium (mg):	8259mg	Vegetable:	3
Potassium (mg):	675mg	Fruit:	0
Calcium (mg):	95mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	0

