

Soy Fire Dip

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 1/2 cup

1/4 cup soy sauce
2 tablespoons apple cider vinegar
2 teaspoons ketchup
1 clove garlic
1 teaspoon dried crushed chilies
toasted sesame seeds (for garnish)

In a blender, process the soy sauce, vinegar, ketchup, garlic and chilies until smooth.

Transfer to a serving bowl. Let stand at room temperature for about one hour to blend the flavors.

Garnish with sesame seeds.

Per Serving (excluding unknown items): 57 Calories; trace Fat (1.4% calories from fat); 4g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4234mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	57	Vitamin B6 (mg):	.2mg
% Calories from Fat:	1.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	73.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	25.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	13mcg
Saturated Fat (g):	trace	Niacin (mg):	3mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	12g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	4234mg	Vegetable:	1 1/2
Potassium (mg):	220mg	Fruit:	0
Calcium (mg):	21mg	Non-Fat Milk:	0

Iron (mg): 2mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 102IU
Vitamin A (r.e.): 10RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 57 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	4234mg	176%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	3%
Protein	4g	
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Vitamin A		2%
Vitamin C		4%
Calcium		2%
Iron		10%

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