



**NutritionRx**  
Jennifer Broxterman

# Peanut Satay Sauce

*Satay sauce can be used for a variety of purposes. Use it as a stir fry sauce or a dip or marinade for chicken, beef, or tofu. It also makes a delicious Asian-inspired salad dressing.*

Prep: 5 minutes • Total: 5 minutes

## Ingredients:

Crunchy peanut butter	2 Tbsp	30 mL
Ketchup	1 Tbsp	15 mL
Red curry paste	½ Tbsp	7.5 mL
Lime juice	2 Tbsp	10 mL
Coconut milk, light	¼ cup	60 mL
Water	2 Tbsp	30 mL

## Directions:

1. Whisk all ingredients together in a small bowl.

## Nutrition Facts

Serving Size (43g)

Servings Per Container

Amount Per Serving

**Calories 90**      Calories from Fat 70

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 3.5g      **18%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 90mg**      **4%**

**Total Carbohydrate 5g**      **2%**

Dietary Fiber 1g      **4%**

Sugars 2g

**Protein 2g**

Vitamin A 0%      • Vitamin C 4%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Adapted from:**

*NutritionRx in partnership with  
Chef Lindsay Sferrazza*

Makes 4 servings ( 43 g / serving ) • 1 serving = 3 tbsp

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