

# Thai Sweet Chili Sauce

## Ingredients:

- 1 tablespoon red chili flakes, crushed and dried
- 2 tablespoons sugar
- 2 garlic cloves, minced
- 1 1/2 tablespoons vinegar
- 1/3 cup water
- 1 1/2 teaspoon corn starch

## Directions

1. Heat water in a pan. Add sugar and stir until completely dissolved.
2. Add minced garlic, red chili flakes, and vinegar to the pan and simmer for 2 – 3 minutes.
3. Add cornstarch and water to a small bowl and mix into a smooth paste.
4. Add cornstarch paste to sauce and stir. Simmer for 1 minute on low to thicken sauce.
5. Cool and refrigerate it in a airtight jar for later use.

## Nutrition Facts

Serving Size (148g)  
Servings Per Container 1 small bowl

Amount Per Serving

**Calories** 100      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 2g      **8%**

Sugars 19g

**Protein** 1g

**Vitamin A** 45%      • **Vitamin C** 10%

**Calcium** 2%      • **Iron** 4%

\*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

