



Thai Beef Salad Dressing

Number of Servings: 5
Calories Per Serving: 16
PCF Ratio: 20-78-2

Single Serving Comment:

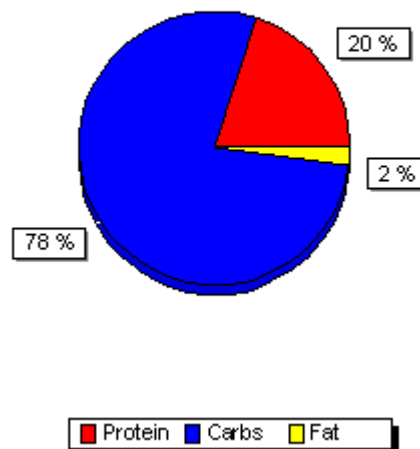
Cooking Instructions

Ingredients:

- 4 Garlic Cloves
 - 1 deseeded Red Chilli Pepper
 - 3 tbsp Fish Sauce
 - 6 tbsp Lemon Juice
 - 3 tbsp Water
- (serves 5)

Mix together ssressing ingredients and serve with a salad.

20-78-2 Ratio



Nutrition Information

Serving Size: (49g)

Servings: 1

Amount Per Serving

Calories 15 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 840mg **35%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **1%**

Sugars 2 g

Protein 1 g

Vitamin A 20% Vitamin C 50%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
GARLIC, RAW(clove)	Crushed	4 cloves	12	17.9	.8	4	.2				
CHILI PEPPER, RED, RAW(Whole,deseeded)	hot chili	1 pepper	45	18	.9	4.3	2.4				
FISH SAUCE, RTS		3 tbsp	54	18.9	2.7	2	2				
LEMON JUICE, RAW		6 tbsp	92	22.9	.3	7.9	3.1				
WATER, MUNICIPAL		3 tbsp	44								
Recipe Total:				247	77.7	18.1	7.7				
Single Serving Total:				49	15.5	3.6	1.5				

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
GARLIC, RAW(clove)			.2	.1			.0					.0	.0	.1

Thai Beef Salad Dressing (continued)

CHILI PEPPER, RED, RAW(Whole,deseeded)			.7	.1	.0		.0				4837.5	.0	.0	.4
FISH SAUCE, RTS										2.2	6.5		.0	1.2
LEMON JUICE, RAW			.4								18.3	.0		.1
WATER, MUNICIPAL														
Recipe Total:			1.3	.2	.0		.1			2.2	4862.3	.1	.1	1.9
Single Serving Total:			.3	.0			.0			.4	972.5	.0	.0	.4

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
GARLIC, RAW(clove)	.1	.1	.4	.4		.4			3.7				21.7	3
CHILI PEPPER, RED, RAW(Whole,deseeded)	.0	.1	10.4	10.4		10.4			109.1			.5	8.1	11.3
FISH SAUCE, RTS	.1	.2	27.5	27.5		27.5	.3		.3				23.2	94.5
LEMON JUICE, RAW	.1	.0	11.9	11.9		11.9			42.1			.1	6.4	5.5
WATER, MUNICIPAL													.9	.4
Recipe Total:	.3	.5	50.1	50.1		50.1	.3		155.2			.6	60.3	114.7
Single Serving Total:	.1	.1	10	10		10	.1		31			.1	12.1	22.9

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
GARLIC, RAW(clove)	18.4	48.1	2			.0			.2	.2		1.7	.1
CHILI PEPPER, RED, RAW(Whole,deseeded)	20.7	153	3.2			.1			.5	.1		.2	.1
FISH SAUCE, RTS	3.8	155.5	4168.8			.0			.4	.1		4.9	.1
LEMON JUICE, RAW	5.5	113.5	.9			.0			.0			.1	.0
WATER, MUNICIPAL			1.3										.0
Recipe Total:	48.3	470.1	4176.2			.2			1.2	.4		6.9	.4
Single Serving Total:	9.7	94	835.2			.0			.2	.1		1.4	.1