



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Peanut Sauce

- ¼ cup peanut butter
- 2 tablespoons orange juice
- 1 teaspoon vinegar
- 1 teaspoon brown sugar
- red pepper flakes to taste

Combine all ingredients and add to stir fry at the end of the cooking process.

Nutrition Facts

Serving Size: 2 Tablespoons (24g)

Servings: 4

Amount Per Serving

Calories 90 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **6%**

Sugars 2g

Protein 4g

Vitamin A 0% ■ Vitamin C 2%

Calcium 0% ■ Iron 2%

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



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.