

Low FODMAP Homemade Teriyaki Sauce

Serves: 4

Prep: 5 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
1 cup water	250 g	8.8 oz
⅓ cup brown sugar, firmly packed	70 g	2.5 oz
1 tbsp rice wine vinegar	20 g	0.7 oz
¼ cup soy sauce	62 g	2.2 oz
½ tsp fresh ginger, grated	2.5 g	0.1 oz
1 tsp sesame seeds	5 g	0.2 oz
2 tbsp corn starch	16 g	0.6 oz
¼ cup cold water	62 g	2.2 oz

Method

1. Mix all ingredients together in a saucepan (except corn starch and cold water) over medium heat.
2. Whisk together cornstarch and cold water in a small bowl until corn starch dissolves.
3. When sauce is simmering, slowly pour in corn starch mixture whilst continuing to stir until the sauce thickens to desired consistency.

Nutrition Information (per serve)	
Energy	443 Kj / 106 cal
Protein	4.10g
Carbohydrates	24.50g
Sugar	17.30g
Total Fat	0.40g
Saturated Fat	0.05g
Fibre	0.12g