

Low-Carb Sweet Aminos Glaze

Hands-on 5 minutes Overall 20 minutes

Nutritional values (per serving, 1 tbsp/ 15 ml): Total carbs: 1.4 g, Fiber: 0.2 g,

Net carbs: 1.3 g, Protein: 0.2 g, Fat: 0.1 g, Calories: 7 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 1/2 cups/ 360 ml/ 12 fl oz)

- 1 cup [coconut aminos](#) (240 ml/ 8 fl oz)
- 3 cloves garlic, minced
- 2 inch knob fresh ginger (14 g/ 0.5 oz)
- 3/4 cup brown sugar substitute such as [Sukrin Golden](#) (120 g/ 4.2 oz)
- 2 tbsp miso paste (34 g/ 1.2 oz)
- 1 tsp dried chili flakes

Instructions

1. Prepare all of the ingredients. Peel the garlic and ginger.
2. Roughly slice the ginger and garlic.
3. Place all of the ingredients in a small saucepan and bring to the boil, stirring regularly.
4. Reduce the temperature and bring to a simmer. Simmer for 10 to 15 minutes or until sauce starts to reduce and thicken. The glaze will get thicker as it cools so don't take it too far.
5. Remove from the heat, cover and let the flavours steep while it cools.
6. Once cool, use a slotted spoon to remove the garlic and ginger and then pour the glaze into clean jars.
7. You can strain it through fine mesh sieve but I like to leave the chili in the glaze.
8. Store in the refrigerator for up to 2 months, stir well before use.
9. Use as a glaze for fish or meat such as chicken breasts, steak or pork chops.

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