

Gluten-Free Flavour Enhancers Guide

Source: [Gluten Free slimming world friendly dinners](#)

Published on Mai 15, 2026

Essential gluten-free ingredients with Syn values and flavour profiles to enhance your Slimming World meals.

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Ingredient	Syn Value	Best Used In	Flavour Profile
Gluten-free soy sauce	Check brand	Stir-fries, marinades	Salty, umami
Balsamic vinegar	Free	Roasted veg, salads	Sweet, tangy
Fresh herbs	Free	Everything	Bright, aromatic
Garlic and ginger	Free	Curries, stir-fries	Pungent, warming
Lemon/lime juice	Free	Fish, chicken, salads	Acidic, fresh
Chilli flakes	Free	Pasta, stir-fries	Spicy, warming
Smoked paprika	Free	Chicken, vegetables	Smoky, sweet

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<https://snap-a-recipe.com/gluten-free-slimming-world-friendly-dinners/>