



5 Alarm Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



363 kcal

SAUCE

Ingredients

- ☐ 2.5 tablespoons cayenne pepper
- ☐ 3 servings chicken wings hot for serving
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 tablespoon habanero fresh minced
- ☐ 2.5 tablespoons horseradish prepared
- ☐ 2 cups hot sauce red your favorite (use)

- ☐ 2 tablespoons jalapeño fresh minced
- ☐ 1 stick butter softened
- ☐ 1 tablespoon onion powder
- ☐ 2.5 tablespoons chile flakes red crushed

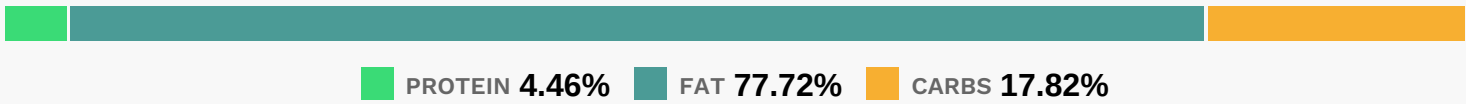
Equipment

- ☐ food processor

Directions

- ☐ Combine the hot sauce, margarine or butter, cayenne pepper, chile flakes, horseradish, jalapenos, habaneros, cumin, garlic, onion and black pepper in a food processor and mix on medium speed until all the ingredients are well mixed. Reserve the hot sauce to toss with chicken wings.
- ☐ Cook's Note: Be sure to wear gloves when cutting the jalapeno and habanero and do not touch your face after handling the seeds or cut up peppers to avoid irritation!
- ☐ This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:21.378261087138%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 362.87kcal (18.14%), Fat: 33.44g (51.45%), Saturated Fat: 6.81g (42.57%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 11.25g (4.09%), Sugar: 4.88g (5.42%), Cholesterol: 0.77mg (0.26%), Sodium: 4755.62mg (206.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin C: 145.78mg (176.7%), Vitamin A: 5509.74IU (110.19%), Vitamin E: 5.65mg (37.69%), Manganese: 0.69mg (34.4%), Vitamin B6: 0.65mg

(32.56%), Fiber: 6.01g (24.04%), Iron: 4.15mg (23.04%), Vitamin K: 20.42µg (19.45%), Potassium: 650.25mg (18.58%), Vitamin B2: 0.28mg (16.29%), Magnesium: 47.02mg (11.75%), Copper: 0.22mg (10.88%), Phosphorus: 100.08mg (10.01%), Calcium: 99.82mg (9.98%), Vitamin B3: 1.99mg (9.95%), Vitamin B1: 0.14mg (9.18%), Folate: 30.55µg (7.64%), Zinc: 1mg (6.69%), Selenium: 3.47µg (4.96%), Vitamin B5: 0.39mg (3.92%)