



African Hot Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



24 kcal

SAUCE

Ingredients

- ☐ 8 oz tomato sauce canned
- ☐ 2 to 8 jalapeño chilies fresh red stemmed deveined seeded chopped
- ☐ 1 clove garlic
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup onion chopped

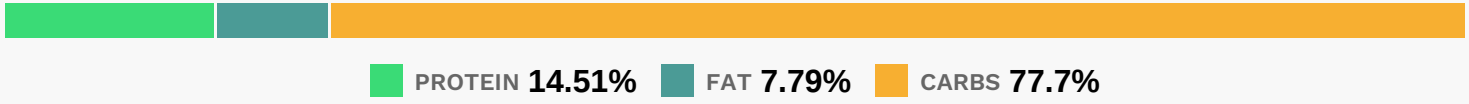
Equipment

- ☐ food processor
- ☐ blender

Directions

☐ In a blender or food processor, whirl tomato sauce, onion, garlic, and lemon juice, adding a few chilies at a time, until smoothly pured and hot enough to suit your taste.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:1.59, Inflammation Score:-4, Nutrition Score:4.7834782315337%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 24.16kcal (1.21%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.44g (1.61%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 217.13mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin C: 33.3mg (40.37%), Vitamin B6: 0.16mg (7.84%), Vitamin A: 368.52IU (7.37%), Potassium: 216.03mg (6.17%), Vitamin E: 0.79mg (5.29%), Manganese: 0.1mg (5.18%), Fiber: 1.13g (4.5%), Copper: 0.08mg (4.09%), Vitamin K: 3.83µg (3.65%), Iron: 0.65mg (3.64%), Vitamin B3: 0.7mg (3.48%), Magnesium: 12.43mg (3.11%), Vitamin B2: 0.05mg (2.89%), Folate: 11.56µg (2.89%), Phosphorus: 23.94mg (2.39%), Vitamin B1: 0.03mg (2.06%), Vitamin B5: 0.2mg (2.02%), Calcium: 12.34mg (1.23%), Zinc: 0.17mg (1.14%)