



## Barbara's Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



30

CALORIES



38 kcal

SAUCE

## Ingredients

- 15 ounce tomato sauce canned
- 64 ounces tomatoes canned crushed
- 1 teaspoon garlic minced
- 2 teaspoons ground cumin
- 6 jalapeño peppers chopped
- 0.5 cup catsup
- 2 cups onion minced
- 2 tablespoons salt

- 6 ounce tomato paste canned
- 1 cup water
- 2 tablespoons sugar white
- 0.5 cup vinegar white

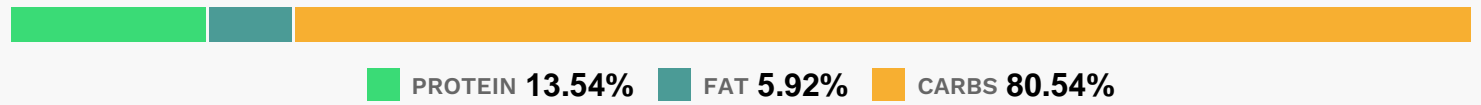
## Equipment

- pot

## Directions

- In a large soup or stock pot, combine tomatoes, onion, jalapenos, cumin, salt, sugar, vinegar, garlic, tomato sauce, tomato paste, ketchup, and water (add enough water to bring the mixture to your desired consistency). Bring mixture to a slow boil, reduce heat and let simmer for at least 2 hours.
- Let the mixture cool completely, then pour into individual jars. Store in refrigerator. Will keep for several weeks.

## Nutrition Facts



## Properties

Glycemic Index:11.17, Glycemic Load:2.42, Inflammation Score:-4, Nutrition Score:4.6539130418197%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

## Nutrients (% of daily need)

Calories: 38.18kcal (1.91%), Fat: 0.29g (0.44%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 6.98g (2.54%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 657.12mg (28.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 11.39mg (13.81%), Manganese: 0.17mg (8.32%), Vitamin E: 1.2mg (7.98%), Potassium: 272.65mg (7.79%), Copper: 0.15mg (7.48%), Vitamin B6: 0.15mg (7.29%), Fiber: 1.76g (7.03%), Iron: 1.14mg (6.31%), Vitamin B3: 1.06mg (5.31%), Vitamin A: 256.22IU (5.12%), Magnesium: 18.01mg (4.5%), Vitamin K: 4.59µg (4.37%), Vitamin B1: 0.06mg (4.03%), Vitamin B2: 0.06mg (3.28%), Folate: 13.03µg (3.26%), Phosphorus: 30.84mg (3.08%), Calcium: 30.07mg (3.01%), Vitamin B5: 0.25mg (2.52%), Zinc:

0.25mg (1.66%)