



Black Pepper Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons coarsely ground pepper
- ☐ 0.5 cup honey
- ☐ 2 drops hot sauce

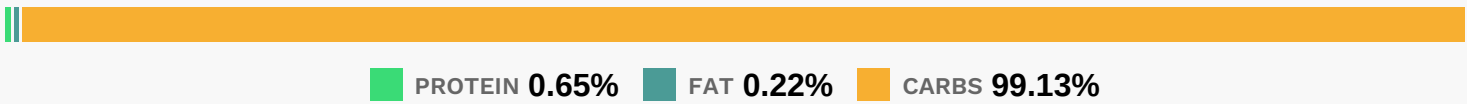
Equipment

- ☐ bowl

Directions

Stir together all ingredients in a small bowl until blended.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:14.67, Inflammation Score:1, Nutrition Score:0.75652173015734%

Nutrients (% of daily need)

Calories: 105.11kcal (5.26%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 28.18g (10.25%), Sugar: 27.84g (30.94%), Cholesterol: 0mg (0%), Sodium: 12.09mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Manganese: 0.13mg (6.47%), Vitamin K: 1.32µg (1.26%), Iron: 0.22mg (1.23%), Copper: 0.02mg (1.15%), Fiber: 0.27g (1.09%)