



Category Five Hot Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



3

CALORIES



266 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon onion powder
- ☐ 24 habanero peppers
- ☐ 36 serrano peppers
- ☐ 2 cups vinegar white

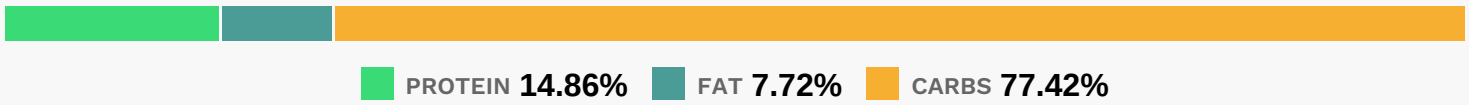
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring the vinegar to a boil in a large saucepan. Cook the serrano peppers and habanero peppers in the vinegar for 3 minutes.
- ☐ Transfer to a blender; add the onion powder, garlic, pepper, and chili powder. Blend starting on low speed and increasing the speed gradually until smooth, about 3 minutes total.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:39.607825828635%

Flavonoids

Luteolin: 47.82mg, Luteolin: 47.82mg, Luteolin: 47.82mg, Luteolin: 47.82mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.6mg, Quercetin: 32.6mg, Quercetin: 32.6mg, Quercetin: 32.6mg

Nutrients (% of daily need)

Calories: 265.66kcal (13.28%), Fat: 2.38g (3.66%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 33.29g (12.11%), Sugar: 26.05g (28.95%), Cholesterol: 0mg (0%), Sodium: 85.24mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Vitamin C: 799.24mg (968.77%), Vitamin B6: 2.61mg (130.39%), Vitamin A: 4991.62IU (99.83%), Fiber: 20.36g (81.45%), Manganese: 1.6mg (80.02%), Vitamin K: 83µg (79.05%), Potassium: 1984.87mg (56.71%), Vitamin B1: 0.61mg (40.37%), Copper: 0.79mg (39.48%), Vitamin E: 5.05mg (33.68%), Magnesium: 121.24mg (30.31%), Vitamin B3: 6.02mg (30.12%), Folate: 114.2µg (28.55%), Iron: 4.58mg (25.42%), Phosphorus: 247.16mg (24.72%), Vitamin B2: 0.36mg (20.96%), Calcium: 139.46mg (13.95%), Vitamin B5: 1.15mg (11.54%), Zinc: 1.69mg (11.29%), Selenium: 2.47µg (3.53%)