



Cherry Bomb Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1460 min.

SERVINGS



6

CALORIES



31 kcal

SAUCE

Ingredients

- 0.3 cup carrots
- 0.8 cup cherry juice (no sugar added)
- 1 tablespoon ginger fresh peeled finely chopped (from 1 [1-inch] piece)
- 1 teaspoon granulated sugar
- 0.5 teaspoon kosher salt
- 2 pasilla peppers seeds removed stemmed
- 2 tablespoons red wine vinegar

Equipment

sauce pan

blender

Directions

Bring a small saucepan of water to a boil over high heat.

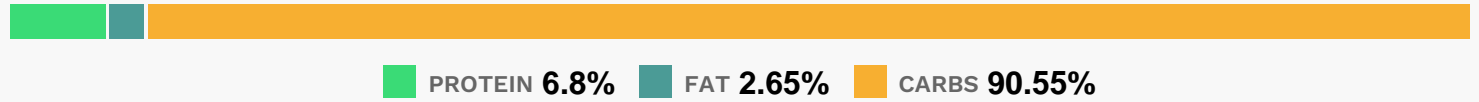
Add the carrots and cook until fork-tender, about 8 minutes.

Drain and transfer to a blender.

Add the remaining ingredients and blend until smooth, about 30 seconds to 1 minute.

Transfer the hot sauce to a container with a tightfitting lid and refrigerate for at least 24 hours before serving. Store in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:23.65, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:4.3817391822358%

Flavonoids

Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 31.23kcal (1.56%), Fat: 0.1g (0.15%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.44g (2.34%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 202.89mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin C: 32.39mg (39.27%), Vitamin A: 1334.75IU (26.69%), Vitamin B6: 0.1mg (5.03%), Potassium: 149.4mg (4.27%), Vitamin K: 3.88µg (3.69%), Fiber: 0.9g (3.59%), Manganese: 0.06mg (3.2%), Iron: 0.36mg (2.03%), Vitamin B1: 0.03mg (1.84%), Copper: 0.03mg (1.64%), Magnesium: 5.53mg (1.38%), Folate: 5.45µg (1.36%), Vitamin B3: 0.27mg (1.35%), Vitamin E: 0.2mg (1.31%), Phosphorus: 11.22mg (1.12%)