

 **75%**
HEALTH SCORE

Chicken Wings or Ribs Habanero Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



1

CALORIES



2684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 0.5 cup brandy
- 2 tablespoons brown sugar
- 0.3 cup apple cider vinegar
- 6 garlic clove minced
- 0.3 teaspoon ground cinnamon
- 1 tablespoon ground coriander
- 0.3 tablespoon ground ginger

- 0.5 teaspoon ground thyme
- 14 ounce barbecue sauce your favorite
- 4 kiwi fruit
- 1 mangos pitted peeled
- 0.3 cup maple syrup
- 0.5 teaspoon nutmeg
- 0.3 cup olive oil
- 2 peaches pitted peeled
- 1 pears
- 8 pasilla peppers fresh stemmed
- 1 serving salt to taste
- 1 medium onion yellow coarsely chopped

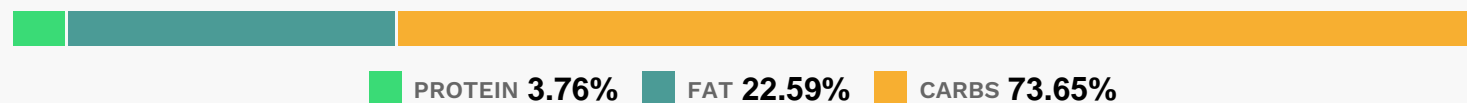
Equipment

- pot
- blender

Directions

- Heat the oil in a large, heavy pot over medium heat and saut onion and garlic until soft.
- Add habanero peppers with cinnamon and apricot brandy and saut.Lower heat, add sugar, syrup, vinegar, spices, and ginger, and reduce for 5 to 10 minutes. and salt to taste.
- Add fruit and cook slowly for 1 hour, covered, stirring occasionally and add barbecue sauce for 5 - 10 min and stir/pulse in processor/blender until smooth.
- Add water/more brandy if the sauce becomes thicker than ketchup/barbecue sauce.When sauce has cooled refrigerated, the sauce will keep for months.

Nutrition Facts



Properties

Glycemic Index:429.92, Glycemic Load:87.39, Inflammation Score:-10, Nutrition Score:69.16695669423%

Flavonoids

Cyanidin: 9.63mg, Cyanidin: 9.63mg, Cyanidin: 9.63mg, Cyanidin: 9.63mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 18.8mg, Catechin: 18.8mg, Catechin: 18.8mg, Catechin: 18.8mg Epigallocatechin: 4.17mg, Epigallocatechin: 4.17mg, Epigallocatechin: 4.17mg, Epigallocatechin: 4.17mg Epicatechin: 14.7mg, Epicatechin: 14.7mg, Epicatechin: 14.7mg, Epicatechin: 14.7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg, Epigallocatechin 3-gallate: 1.53mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 47.66mg, Luteolin: 47.66mg, Luteolin: 47.66mg, Luteolin: 47.66mg Isorhamnetin: 6.05mg, Isorhamnetin: 6.05mg, Isorhamnetin: 6.05mg, Isorhamnetin: 6.05mg Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 47.3mg, Quercetin: 47.3mg, Quercetin: 47.3mg, Quercetin: 47.3mg

Nutrients (% of daily need)

Calories: 2684.35kcal (134.22%), Fat: 63.2g (97.23%), Saturated Fat: 9.02g (56.37%), Carbohydrates: 463.71g (154.57%), Net Carbohydrates: 414.31g (150.66%), Sugar: 351.25g (390.28%), Cholesterol: 0mg (0%), Sodium: 4403.85mg (191.47%), Alcohol: 40.08g (100%), Alcohol %: 1.75% (100%), Protein: 23.67g (47.33%), Vitamin C: 1150.51mg (1394.55%), Manganese: 6.21mg (310.56%), Vitamin K: 291.8µg (277.91%), Fiber: 49.4g (197.6%), Vitamin B6: 3.41mg (170.32%), Vitamin A: 8021.45IU (160.43%), Vitamin E: 23.56mg (157.05%), Potassium: 4880.56mg (139.44%), Vitamin B2: 2.24mg (131.48%), Copper: 2.23mg (111.31%), Folate: 341.61µg (85.4%), Magnesium: 329.14mg (82.29%), Vitamin B1: 1.07mg (71.19%), Calcium: 663.79mg (66.38%), Vitamin B3: 13.06mg (65.29%), Iron: 11.44mg (63.57%), Phosphorus: 606.99mg (60.7%), Vitamin B5: 3.5mg (34.96%), Zinc: 5.06mg (33.7%), Selenium: 19.15µg (27.36%)