



Chile-Infused Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1 cup honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 pasilla peppers fresh sliced (such as serrano or jalapeño)
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 sprig rosemary fresh (4-inch)

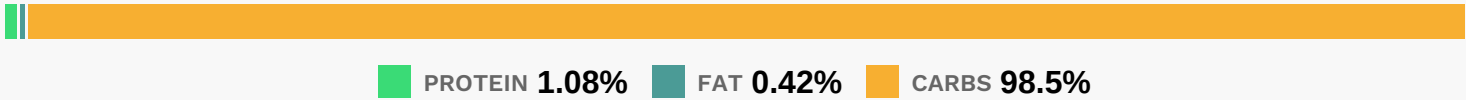
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together honey, dried crushed red pepper, kosher salt, sliced fresh peppers, and rosemary sprig in a saucepan. Cook over medium heat 2 to 3 minutes.
- ☐ Remove from heat; cool completely. Spoon into 1 (8-oz.) jar. Chill 12 to 24 hours. Store in refrigerator up to 2 weeks.
- ☐ Let stand at room temperature 30 minutes before serving.
- ☐ Serve with cheese.
- ☐ PACKAGE IN: Glass Canisters with Wood Lids (\$95/set of 3; williams-sonoma.com)

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:14.64, Inflammation Score:-2, Nutrition Score:2.1008695506531%

Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 108.11kcal (5.41%), Fat: 0.06g (0.09%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 28.58g (10.39%), Sugar: 28.41g (31.57%), Cholesterol: 0mg (0%), Sodium: 61.85mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 19.31mg (23.4%), Vitamin B6: 0.06mg (3.18%), Manganese: 0.06mg (2.91%), Vitamin A: 118IU (2.36%), Fiber: 0.51g (2.03%), Vitamin K: 1.87µg (1.78%), Potassium: 61.31mg (1.75%), Copper: 0.03mg (1.45%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.21%)