

Chile Vinegar Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper dried hot
- 4 teaspoons sugar
- 5 ounces thai basil fresh green red dry hot rinsed (2- to 3-inch) (20)
- 6 tablespoons water
- 1.3 cups vinegar white

Equipment

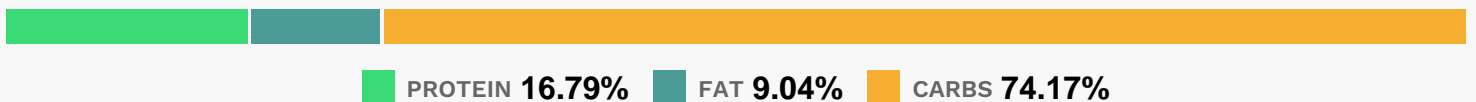
- sauce pan
- pot

- kitchen thermometer
- kitchen towels
- tongs

Directions

- Wash jar, lid, and screw band in hot soapy water, then rinse well. Dry screw band. Put empty jar on a rack in a boiling-water canner or a deep 5- to 6-quart pot and add enough hot water to cover by 2 inches. Bring to a boil, covered, then boil 10 minutes.
- Remove canner from heat, leaving jar in water.
- Heat lid in water to cover by 2 inches in a small saucepan until thermometer registers 180°F (do not let boil).
- Remove from heat. Keep jar and lid submerged in hot water, covered, until ready to use.
- Carefully remove jar and lid with tongs, then drain jar upside down on a clean kitchen towel and dry lid.
- Pack chiles into jar. Bring vinegar to a boil in small saucepan, then remove from heat and pour over chiles. Cool to room temperature. Wipe off rim of jar with a dampened clean kitchen towel, then top with lid and firmly screw on screw band. Chill sealed jar 2 weeks.
- Bring water and sugar to a boil in a small saucepan, stirring until sugar is dissolved, then stir in red-pepper flakes (if using), 2 tablespoons chile vinegar, and salt to taste.
- Remove from heat and cool to room temperature.
- Chile vinegar keeps, chilled, 6 months.·Instead of making your own chile vinegar, you can use the vinegar from bottled pickled jalapeños.

Nutrition Facts



Properties

Glycemic Index:95.05, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:15.15739122681%

Nutrients (% of daily need)

Calories: 79.11kcal (3.96%), Fat: 0.55g (0.85%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.85g (3.22%), Sugar: 8.3g (9.22%), Cholesterol: 0mg (0%), Sodium: 16.76mg (0.73%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin K: 294.65µg (280.62%), Vitamin A: 3886.84IU (77.74%), Manganese: 0.92mg (45.8%), Vitamin C: 12.76mg (15.47%), Copper: 0.3mg (14.79%), Calcium: 138.73mg (13.87%), Iron: 2.39mg (13.27%), Folate: 48.33µg (12.08%), Magnesium: 48.25mg (12.06%), Potassium: 222.39mg (6.35%), Vitamin B6: 0.12mg (6.02%), Fiber: 1.31g (5.23%), Vitamin E: 0.76mg (5.05%), Phosphorus: 47.99mg (4.8%), Zinc: 0.62mg (4.12%), Vitamin B2: 0.06mg (3.53%), Vitamin B3: 0.7mg (3.49%), Selenium: 1.21µg (1.73%), Vitamin B1: 0.03mg (1.69%), Vitamin B5: 0.15mg (1.53%)