



Colombian Hot Pepper Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



21 kcal

SAUCE

Ingredients

- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp juice of lemon
- 0.5 cup onion finely chopped
- 6 finger peppers whole red seeded

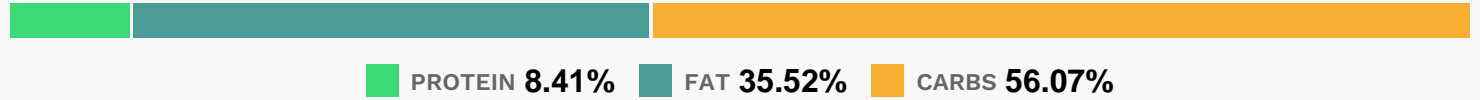
Equipment

- bowl
- blender

Directions

- Place peppers, dressing and lemon juice in blender container; cover. Blend on high speed until smooth.
- Pour into serving bowl.
- Add onions; mix well.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:3.753478196652%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 21.27kcal (1.06%), Fat: 0.92g (1.41%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 40.54mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 39.07mg (47.35%), Vitamin B6: 0.12mg (5.8%), Vitamin K: 5.74µg (5.46%), Fiber: 0.9g (3.61%), Vitamin A: 177.7IU (3.55%), Manganese: 0.07mg (3.31%), Potassium: 95.41mg (2.73%), Vitamin B1: 0.03mg (2.04%), Vitamin E: 0.26mg (1.76%), Copper: 0.03mg (1.72%), Folate: 5.97µg (1.49%), Magnesium: 5.55mg (1.39%), Vitamin B3: 0.24mg (1.2%), Phosphorus: 11.73mg (1.17%), Iron: 0.18mg (1.02%)