

Easy Jalapeno Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



32

CALORIES



13 kcal

SAUCE

Ingredients

- 2 tablespoons canola oil
- 1.3 pounds jalapeno fresh
- 32 servings salt and pepper to taste

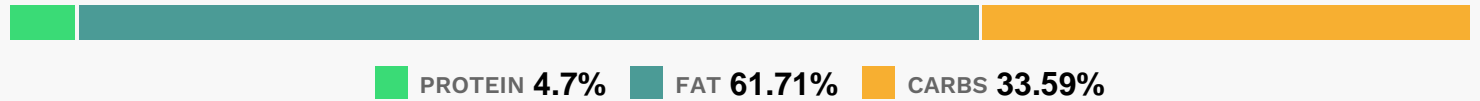
Equipment

- pot
- blender

Directions

- Set aside 1 jalapeno pepper.
- Cut the stems off the rest; slice in half lengthwise, and remove the seeds.
- Place all of the peppers in a large pot of boiling water. Boil peppers about 15 minutes. Reserve about 2 tablespoons of boiling water, and drain the rest.
- Cut the stem off the remaining whole pepper, and place all of the the peppers into a blender.
- Pour in reserved water and canola oil, and season with salt and pepper. Blend until smooth and creamy.
- Serve hot or chilled.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.2817391037293%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 12.87kcal (0.64%), Fat: 0.94g (1.45%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 194.32mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 21.01mg (25.47%), Vitamin E: 0.79mg (5.25%), Vitamin A: 191IU (3.82%), Vitamin K: 3.9µg (3.72%), Vitamin B6: 0.07mg (3.71%), Fiber: 0.5g (1.98%), Potassium: 43.98mg (1.26%), Folate: 4.78µg (1.2%), Vitamin B3: 0.23mg (1.13%)