



## EATS! Heat 5-Pepper Sauce

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



85 min.

SERVINGS



5

CALORIES



662 kcal

SAUCE

### Ingredients

- 1 cup cajun seasoning blend
- 1 cup cayenne pepper
- 5 ghost chile peppers raw fresh with seeds, reserve 1 for garnish chopped
- 8 cloves garlic raw minced
- 3 cups extra-hot wing sauce red such as frank's hot
- 11 jalapeño peppers raw fresh with seeds, reserve 1 for garnish chopped
- 0.3 cup juice of lime
- 0.5 cup mayonnaise

- 2 tablespoons olive oil
- 11 habanero peppers raw fresh with seeds, reserve 1 for garnish chopped
- 1 cup pepper flakes red crushed
- 9 scotch bonnet peppers raw fresh with seeds, reserve 1 for garnish chopped
- 5 thai peppers raw fresh red minced for garnish
- 1 cup vinegar white
- 1 onion diced yellow

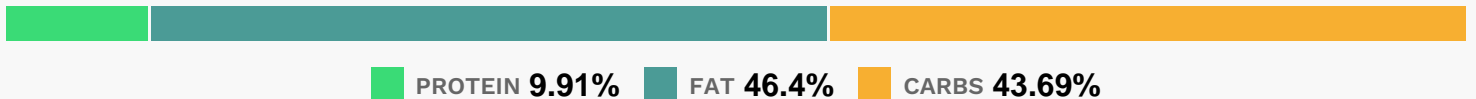
## Equipment

- sauce pan
- blender

## Directions

- Add the olive oil, garlic, 10 habaneros and jalapenos, 8 Scotch bonnets, 4 ghost and Thai chile peppers and the yellow onions to a medium saucepan over medium heat. Cook for 3 minutes.
- Add 1/2 cup each of the Cajun spice, cayenne and crushed red pepper. Cook for 1 minute.
- Pour the mixture into a blender and puree.
- Place the puree in the refrigerator to cool, about 1 hour.
- Once cool, add the remaining 1/2 cup Cajun seasoning, cayenne and crushed red pepper for added flavor. Stir in the wing sauce, vinegar, mayonnaise and lime juice.
- Add the 1 reserved raw chile pepper of each kind, and stir well.

## Nutrition Facts



## Properties

Glycemic Index:67.2, Glycemic Load:9.26, Inflammation Score:-10, Nutrition Score:59.882608538089%

## Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 12.87mg, Luteolin: 12.87mg, Luteolin: 12.87mg, Luteolin: 12.87mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg

## **Nutrients (% of daily need)**

Calories: 662.49kcal (33.12%), Fat: 40.96g (63.02%), Saturated Fat: 6.79g (42.41%), Carbohydrates: 86.77g (28.92%), Net Carbohydrates: 43.07g (15.66%), Sugar: 22.91g (25.45%), Cholesterol: 9.41mg (3.14%), Sodium: 5379.9mg (233.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.38%), Vitamin A: 46314.68IU (926.29%), Vitamin C: 388.25mg (470.61%), Vitamin E: 42.55mg (283.67%), Vitamin B6: 3.75mg (187.37%), Fiber: 43.7g (174.81%), Vitamin K: 179.8µg (171.24%), Manganese: 2.71mg (135.44%), Iron: 18.33mg (101.82%), Potassium: 3186.82mg (91.05%), Vitamin B2: 1.31mg (77.31%), Vitamin B3: 14.32mg (71.59%), Magnesium: 232.02mg (58%), Copper: 1.11mg (55.53%), Phosphorus: 459.42mg (45.94%), Vitamin B1: 0.58mg (38.62%), Calcium: 335.23mg (33.52%), Folate: 130.32µg (32.58%), Zinc: 4.84mg (32.27%), Selenium: 17.2µg (24.58%), Vitamin B5: 1.56mg (15.56%)