



Flaming Blast of Lime Hot Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



23 kcal

SAUCE

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 0.5 bunch cilantro leaves
- ☐ 6 garlic cloves
- ☐ 0.5 pound jalapeño peppers 6 large
- ☐ 1 juice of lime juiced
- ☐ 1 small onion
- ☐ 1 teaspoon salt

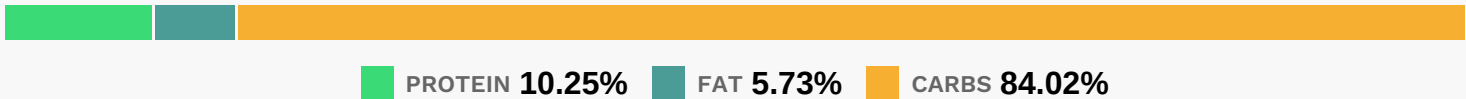
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Remove the tops from the peppers and cut them in half lengthwise. Clean out the seeds and ribs, give them a rough chop, and put them into a small saucepan. Roughly chop the onion and garlic and add it to the pan.
- ☐ Pour in the vinegar and bring it to a boil. Reduce the heat and simmer for 10 minutes. In the meantime, roughly chop the cilantro and put it into a blender along with the salt and lime juice. When the jalapeno mixture is cooked, add it to the blender. *Cover the blender, put a towel over the lid, and turn it on low. Once it is going, crank it up to the highest setting and puree for 3 minutes. Strain through a medium holed strainer and let cool.
- ☐ Pour into sterilized bottles and refrigerate. The hot sauce will keep for up to a month under refrigeration.
- ☐ Remove liquid from the heat and allow to cool for at least 5 minutes.
- ☐ Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- ☐ Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:3.8460869711378%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 22.94kcal (1.15%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 236.45mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin C: 28.99mg (35.13%), Manganese: 0.18mg (9.15%), Vitamin B6: 0.13mg (6.37%), Vitamin E: 0.83mg (5.54%), Vitamin A: 273.28IU (5.47%), Vitamin K: 5.51µg (5.25%), Fiber: 0.81g (3.26%), Potassium: 114.22mg (3.26%), Folate: 8.06µg (2.01%), Magnesium: 7.29mg (1.82%), Vitamin B3: 0.32mg (1.6%), Phosphorus: 15.12mg (1.51%), Vitamin B2: 0.02mg (1.23%), Copper: 0.02mg (1.21%), Calcium: 11.77mg (1.18%), Iron: 0.21mg (1.16%), Vitamin B1: 0.02mg (1.13%)