

Fragrant Ginger-Hot Pepper Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

32

CALORIES

calories

5 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 large garlic cloves minced
- ☐ 0.3 cup gingerroot minced peeled
- ☐ 0.3 cup green onions minced
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 tablespoons water

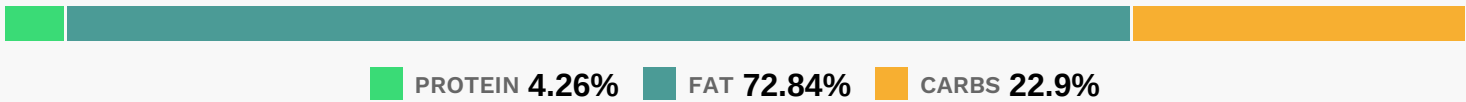
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a small skillet over medium heat.
- ☐ Add minced gingerroot, red pepper, salt, and garlic; saut 2 minutes.
- ☐ Remove from heat; spoon into a small bowl, and stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:3.41, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.34347826258644%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 5.27kcal (0.26%), Fat: 0.45g (0.69%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 38.76mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin K: 2.92µg (2.78%), Vitamin A: 53.3IU (1.07%)