



Habanero Heat Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

12

CALORIES

calories

74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon sesame seed black



2 tablespoons creamy peanut butter



1 clove garlic chopped



1 habanero pepper seeded chopped wear gloves



0.3 cup olive oil



3 tablespoons rice wine vinegar



1 tablespoon water

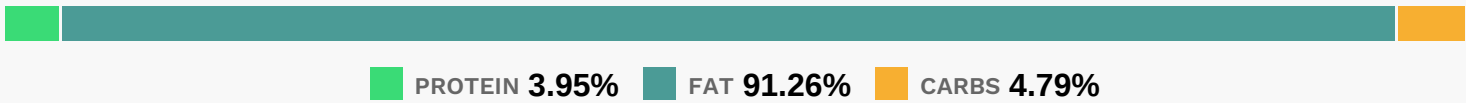
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place the habanero pepper, olive oil, rice vinegar, peanut butter, water, and garlic into a blender, and process until smooth.
- ☐ Add sesame seeds, and pulse once or twice just to mix.
- ☐ Pour into serving bowl.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.3643478090348%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 74.21kcal (3.71%), Fat: 7.7g (11.84%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 11.89mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin E: 1.11mg (7.43%), Vitamin K: 3.74µg (3.56%), Manganese: 0.06mg (3.17%), Copper: 0.04mg (2.03%), Vitamin B3: 0.4mg (1.98%), Magnesium: 7.15mg (1.79%), Vitamin C: 1.28mg (1.55%), Phosphorus: 14.13mg (1.41%), Vitamin B6: 0.02mg (1.22%), Iron: 0.19mg (1.06%)