

# Habanero Orange Stomach Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1470 min.

SERVINGS



8

CALORIES



41 kcal

BEVERAGE

DRINK

## Ingredients

- 0.5 cup carrots
- 4 medium garlic clove peeled
- 1 teaspoon kosher salt
- 0.5 cup juice of lime freshly squeezed (from 4 medium limes)
- 0.8 cup orange juice freshly squeezed (from 4 medium oranges)
- 7 pasilla peppers

## Equipment

- sauce pan

blender

## Directions

Bring a medium saucepan of water to a boil over high heat.

Add the carrots, habaneros, and garlic and cook until the carrots are fork-tender, about 10 minutes.

Drain and transfer to a blender.

Add the orange juice, lime juice, and salt and blend until smooth, about 30 seconds to 1 minute.

Transfer the hot sauce to a container with a tightfitting lid and refrigerate for at least 24 hours before serving. Store in the refrigerator for up to 2 weeks.

## Nutrition Facts



**PROTEIN 11.07%** **FAT 5.03%** **CARBS 83.9%**

## Properties

Glycemic Index:17.35, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:9.7165217140447%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 4.14mg, Hesperetin: 4.14mg, Hesperetin: 4.14mg, Hesperetin: 4.14mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 4.91mg, Luteolin: 4.91mg, Luteolin: 4.91mg, Luteolin: 4.91mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

## Nutrients (% of daily need)

Calories: 40.58kcal (2.03%), Fat: 0.26g (0.4%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 7.65g (2.78%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 300.12mg (13.05%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin C: 100.82mg (122.2%), Vitamin A: 1775.94IU (35.52%), Vitamin B6: 0.28mg (13.9%), Fiber: 2.13g (8.53%), Manganese: 0.17mg (8.51%), Vitamin K: 8.9µg (8.48%), Potassium: 278.09mg (7.95%), Vitamin B1: 0.09mg (6.16%), Folate: 20.47µg (5.12%), Copper: 0.09mg (4.57%), Magnesium: 15.52mg (3.88%), Vitamin B3: 0.7mg (3.52%), Vitamin E: 0.48mg (3.21%), Phosphorus: 31.99mg (3.2%), Vitamin B2: 0.04mg (2.63%), Iron: 0.47mg (2.59%), Calcium: 20.62mg (2.06%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.2mg (1.31%)