

Habanero Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



4 kcal

SAUCE

Ingredients

- ☐ 4 ounces pepper flakes yellow (or orange)
- ☐ 1 garlic clove
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 tablespoon vinegar white
- ☐ 0.3 cup onion white chopped

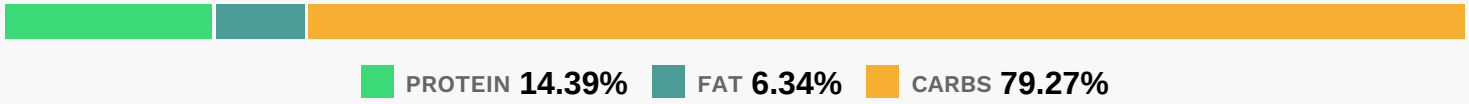
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Bring 1 cup water to a boil in a small saucepan and add chiles, onion, and garlic. Cover, then reduce heat and simmer until chiles are very tender when pierced, about 15 minutes.
- ☐ Whirl chile mixture in a food processor with vinegar and salt until fairly smooth.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:0.85782609134912%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 3.7kcal (0.19%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 175.07mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin C: 8.39mg (10.17%), Vitamin B6: 0.03mg (1.69%), Vitamin A: 54.04IU (1.08%)