



Hot Pepper-Lemon Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



10 kcal

SAUCE

Ingredients

- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 2 garlic clove minced
- ☐ 0.7 cup jalapeno minced (5 large)
- ☐ 1.5 cups juice of lemon fresh
- ☐ 2 cups onion red minced

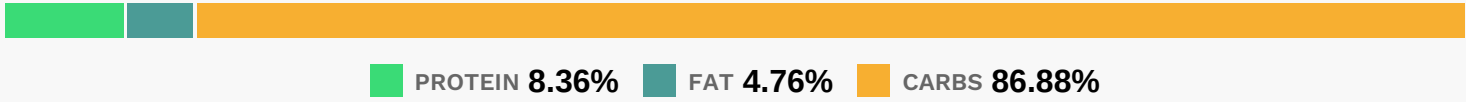
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl; stir well. Cover and marinate in refrigerator at least 8 hours.
- ☐ Serve with pork and Feijoada.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:1.2234782421071%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 9.86kcal (0.49%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.06g (1.18%), Cholesterol: 0mg (0%), Sodium: 0.96mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 10.02mg (12.15%), Vitamin B6: 0.04mg (1.85%), Folate: 6.47µg (1.62%), Vitamin K: 1.55µg (1.48%), Fiber: 0.36g (1.43%), Manganese: 0.03mg (1.35%), Potassium: 44.11mg (1.26%), Vitamin A: 50.65IU (1.01%)