



## Hot Pepper Sauce - A Trinidadian Staple

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



345 kcal

SAUCE

### Ingredients

- 1 teaspoon curry powder
- 2 cloves garlic roughly chopped
- 3 green onions roughly chopped
- 2 juice of lime juiced
- 0.5 teaspoon lime zest grated
- 1 small mangos peeled seeded cut into chunks
- 0.3 cup ground mustard dry
- 1 onion roughly chopped

- 15 habanero peppers
- 1 tablespoon salt
- 2 tablespoons vegetable oil
- 1.5 cups distilled vinegar white

## Equipment

- blender

## Directions

- Wearing disposable gloves, and being careful not to get any in your eyes or on your skin, roughly chop the habanero peppers.
- Place the habanero peppers, mango, onion, green onions, and garlic into a blender.
- Pour in the vinegar, lime juice, and vegetable oil, cover the blender, and pulse until the mixture is very finely chopped. Stop the blender, and add dry mustard powder, salt, curry powder, and lime zest. Blend again until the sauce is smooth.
- Pour into clean jars, and store in refrigerator.

## Nutrition Facts



**PROTEIN 10.42%** **FAT 35.93%** **CARBS 53.65%**

## Properties

Glycemic Index:79.25, Glycemic Load:7.7, Inflammation Score:-10, Nutrition Score:33.760000228882%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 28.05mg, Luteolin: 28.05mg, Luteolin: 28.05mg, Luteolin: 28.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.01mg, Quercetin: 22.01mg, Quercetin: 22.01mg, Quercetin: 22.01mg

## Nutrients (% of daily need)

Calories: 345.17kcal (17.26%), Fat: 14.29g (21.99%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 34.23g (12.45%), Sugar: 26.71g (29.68%), Cholesterol: 0mg (0%), Sodium: 2352.4mg (102.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Vitamin C: 516mg (625.46%), Vitamin K: 89.97µg (85.69%), Vitamin B6: 1.55mg (77.39%), Vitamin A: 3088.6IU (61.77%), Manganese: 1.23mg (61.63%), Fiber: 13.78g (55.11%), Potassium: 1365.78mg (39.02%), Selenium: 23.41µg (33.44%), Vitamin B1: 0.48mg (31.77%), Folate: 123.81µg (30.95%), Copper: 0.59mg (29.36%), Vitamin E: 4.36mg (29.06%), Magnesium: 116.16mg (29.04%), Phosphorus: 243.33mg (24.33%), Iron: 3.66mg (20.33%), Vitamin B3: 3.98mg (19.91%), Vitamin B2: 0.25mg (14.51%), Calcium: 130.68mg (13.07%), Zinc: 1.66mg (11.09%), Vitamin B5: 0.9mg (9.01%)