



Jim's 'Painkiller' Hot Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



215 min.

SERVINGS



6

CALORIES



58 kcal

SAUCE

Ingredients

- ☐ 0.3 cup carrots chopped
- ☐ 0.3 cup parsley leaves fresh
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon ground pepper black
- ☐ 2 jalapeño peppers chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup oregano leaves fresh

- ☐ 2 habanero peppers chopped
- ☐ 2 roma tomatoes chopped plum
- ☐ 1 tablespoon salt
- ☐ 0.3 cup distilled vinegar white

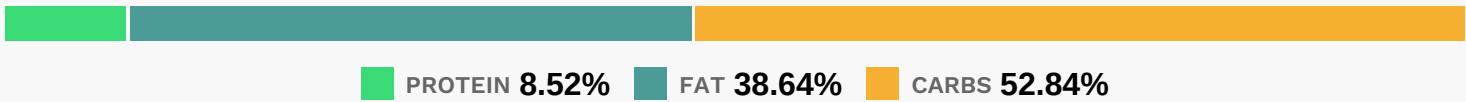
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat the oil in a saucepan over medium heat. Stir in the garlic, onion, and carrots. Cook and stir until the onion has softened and turned translucent and the carrot has softened, about 5 minutes.
- ☐ Scrape into a blender, and add the habanero peppers, jalapeno peppers, tomatoes, oregano, parsley, salt, pepper, and vinegar. Blend until smooth and pour back into the saucepan.
- ☐ Bring the sauce to a simmer over medium heat and cook 3 to 5 minutes. Set aside until cool; pour into a bottle and refrigerate.

Nutrition Facts



Properties

Glycemic Index:50.47, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:11.978695467762%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 58.17kcal (2.91%), Fat: 2.71g (4.17%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 4.93g (1.79%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 1172.32mg (50.97%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin K: 75.11µg (71.53%), Vitamin C: 45.12mg (54.69%), Vitamin A: 1544.64IU (30.89%), Manganese: 0.46mg (23.13%), Fiber: 3.42g (13.68%), Iron: 2.01mg (11.19%), Vitamin B6: 0.21mg (10.42%), Vitamin E: 1.56mg (10.39%), Calcium: 86.47mg (8.65%), Potassium: 244.12mg (6.97%), Folate: 24.52µg (6.13%), Magnesium: 22.78mg (5.69%), Copper: 0.09mg (4.75%), Vitamin B1: 0.05mg (3.54%), Vitamin B3: 0.68mg (3.38%), Phosphorus: 30.36mg (3.04%), Vitamin B2: 0.05mg (2.99%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.17mg (1.68%)