



Lotsa Serranos Blazing Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



12 kcal

SAUCE

Ingredients

- 0.3 cup apple cider vinegar
- 1.5 teaspoons garlic powder
- 1 teaspoon kosher salt
- 0.3 cup juice of lime freshly squeezed (from 3 medium limes)
- 1.5 teaspoons onion powder
- 24 serrano chiles stemmed
- 0.3 cup water

Equipment

blender

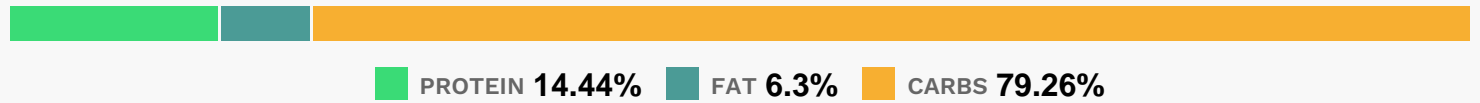
spatula

Directions

Place all of the ingredients in a blender and blend about 30 seconds. Stop and scrape down the sides of the pitcher with a rubber spatula, then continue to blend until smooth, about 30 seconds more.

Transfer to a container with a tightfitting lid and refrigerate for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.9878260804259%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 12.36kcal (0.62%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.89g (0.98%), Cholesterol: 0mg (0%), Sodium: 293.99mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Vitamin C: 10.45mg (12.66%), Vitamin B6: 0.11mg (5.29%), Vitamin A: 172.44IU (3.45%), Manganese: 0.06mg (3.24%), Fiber: 0.8g (3.22%), Potassium: 79.66mg (2.28%), Vitamin K: 2.19µg (2.08%), Copper: 0.03mg (1.62%), Magnesium: 5.88mg (1.47%), Vitamin B3: 0.29mg (1.47%), Folate: 5.4µg (1.35%), Iron: 0.23mg (1.25%), Phosphorus: 12.39mg (1.24%), Vitamin B1: 0.02mg (1.05%)