



Lucky Devils Diablo Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



8

CALORIES



22 kcal

SAUCE

Ingredients

- 0.3 teaspoon ancho chili powder
- 1.5 teaspoons brown sugar
- 14.5 ounce canned tomatoes whole peeled canned
- 0.3 teaspoon cayenne pepper
- 0.1 cup chili paste depending on your taste pref
- 0.3 teaspoon california chili powder
- 2 teaspoons cilantro leaves fresh chopped
- 1 habanero pepper

- 1 jalapeno
- 0.5 lime
- 0.3 teaspoon paprika
- 0.5 pasilla chile powder
- 4 teaspoons soya sauce

Equipment

- food processor
- pot
- blender

Directions

- Roast the habanero and jalapeno peppers over an open flame until they are charred on the outside.
- Remove from the heat and cool slightly.
- Remove the stems and the seeds.
- Remove the stems and seeds from the pasilla pepper as well. Set aside.
- Place the tomatoes with their sauce into a large pot. Crush the tomatoes up more with your hands to break them up.
- Add the roasted habanero and jalapeno peppers, the pasilla chili paste, soy sauce, brown sugar, cayenne, ancho and California chili powders and paprika into the pot and bring to a low boil. Reduce the heat and simmer for 30 minutes.
- Remove from the heat and cool it down. You can place it into the refrigerator. Once the sauce it cooled completely, add the cilantro and lime juice.
- Puree in a food processor or blender until it is smooth. You can adjust the levels of peppers and chili powders to make the sauce hotter or milder to your liking. We love it hot!

Nutrition Facts



PROTEIN 14.73% **FAT 7.07%** **CARBS 78.2%**

Properties

Glycemic Index:25.38, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:2.9782608851143%

Flavonoids

Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 22.33kcal (1.12%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.61g (2.91%), Cholesterol: 0mg (0%), Sodium: 244.88mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin C: 10.64mg (12.89%), Vitamin A: 353.46IU (7.07%), Vitamin B6: 0.11mg (5.48%), Potassium: 147.35mg (4.21%), Iron: 0.73mg (4.08%), Fiber: 0.94g (3.78%), Manganese: 0.07mg (3.54%), Vitamin E: 0.53mg (3.5%), Vitamin B3: 0.66mg (3.29%), Vitamin B2: 0.06mg (3.26%), Copper: 0.05mg (2.72%), Magnesium: 9.2mg (2.3%), Vitamin K: 2.38µg (2.26%), Vitamin B1: 0.03mg (2.21%), Calcium: 20.86mg (2.09%), Phosphorus: 19.59mg (1.96%), Folate: 7.07µg (1.77%)