

Master Hot Sauce Vegetarian Vegan Gluten Free Dairy Free Low Fod Map READY IN SERVINGS HO 45 min. SAUCE About Fod Map CALORIES CALORIES CALORIES SAUCE SAUCE

Ingredients

1 pound pepper flakes fresh stemmed (such as jalapeño, serrano, Fresno, or habanero; use one variety	
or mix and match)	
2 tablespoons kosher salt	

Equipment

1.5 cups vinegar white

food processor
sieve
blender

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	Pulse chiles and kosher salt in a food processor until a coarse purée forms.		
	Transfer to a 1-quart glass jar, loosely screw on lid, and let stand at room temperature for 12 hours to ferment slightly.		
	Stir in vinegar and loosely screw on lid.		
	Let chile mixture stand at room temperature for at least 1 day and up to 7 days. (Taste it daily the longer it sits, the deeper the flavor becomes.)		
	Purée mixture in a food processor or blender until smooth, about 1 minute.		
	Place a fine-mesh sieve inside a funnel. Strain mixture through sieve into a clean glass both (Hot sauce will become thinner and may separate after you strain it; shake vigorously before each use.) DO AHEAD: Can be made up to 4 months ahead. Keep refrigerated.		
Nutrition Facts			
	PROTEIN 15.98% FAT 8.46% CARBS 75.56%		

Properties

Glycemic Index:9.5, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:6.2386957173762%

Nutrients (% of daily need)

Calories: 25.03kcal (1.25%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.42g (2.69%), Cholesterol: Omg (0%), Sodium: 1400.14mg (60.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin C: 65.18mg (79.01%), Vitamin B6: 0.23mg (11.48%), Vitamin A: 431.82IU (8.64%), Vitamin K: 6.35µg (6.05%), Manganese: 0.11mg (5.47%), Potassium: 147.11mg (4.2%), Copper: 0.06mg (3.09%), Vitamin B3: 0.56mg (2.82%), Iron: 0.49mg (2.73%), Fiber: 0.68g (2.72%), Magnesium: 10.85mg (2.71%), Folate: 10.43µg (2.61%), Vitamin B2: 0.04mg (2.29%), Vitamin B1: 0.03mg (2.18%), Phosphorus: 21.03mg (2.1%), Vitamin E: 0.31mg (2.09%)