



Master Hot Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



25 kcal

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



1.5 cups vinegar white

Equipment



food processor



sieve



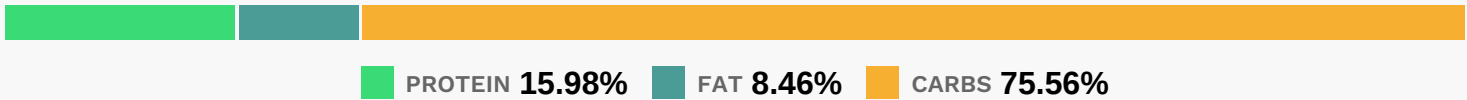
blender

☐ funnel

Directions

- ☐ 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 bottle. (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



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: 0mg (0%), Sodium: 1400.14mg (60.88%), Alcohol: 0g (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%)