



Mojo Picón - Spicy Red Sauce for Mojo Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



193 kcal

SAUCE

Ingredients

- ☐ 0.8 tsp cayenne pepper hot
- ☐ 6 tbsp olive oil extra virgin
- ☐ 4 garlic cloves crushed peeled to taste
- ☐ 0.3 tsp ground cumin
- ☐ 2 tbsp red wine vinegar
- ☐ 1 pinch salt

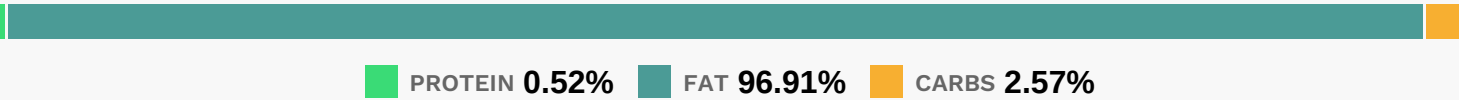
Equipment

bowl

Directions

- Mix the garlic, hot and sweet pimenton (or cayenne & paprika) and cumin in a bowl.
- Beat in the olive oil and the vinegar with a fork and add salt to taste.
- Serve over hot or warm wrinkled or boiled potatoes.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:2.2286957019697%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 193.07kcal (9.65%), Fat: 21.1g (32.46%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 11.53mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin E: 3.13mg (20.87%), Vitamin K: 12.97µg (12.35%), Manganese: 0.06mg (3.23%), Vitamin A: 142.29IU (2.85%), Vitamin B6: 0.05mg (2.3%), Iron: 0.31mg (1.73%), Vitamin C: 1.24mg (1.5%)