



## Mouth-Blistering Habanero-Carrot Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



67 kcal

SAUCE

### Ingredients

- 8 ounces carrots ends trimmed chopped (no need to peel)
- 2 ounces pepper flakes
- 0.3 cup apple cider vinegar
- 1.5 teaspoons granulated sugar
- 1 teaspoon kosher salt
- 0.3 cup juice of lime freshly squeezed (from 4 medium limes)
- 3 tablespoons olive oil
- 0.3 cup water

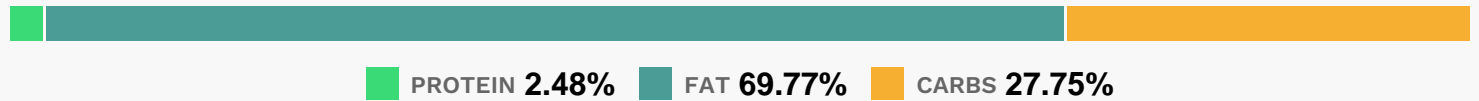
# Equipment

- blender
- spatula

# Directions

- Place all of the ingredients in a blender and blend about 1 minute. Stop and scrape down the sides of the pitcher with a rubber spatula, then continue to blend until very smooth, about 1 to 2 minutes more.
- Transfer to a container with a tightfitting lid and refrigerate for up to 2 weeks.

# Nutrition Facts



# Properties

Glycemic Index:25.24, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:6.8682609689624%

# 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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

# Nutrients (% of daily need)

Calories: 67.21kcal (3.36%), Fat: 5.36g (8.24%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.86g (1.4%), Sugar: 2.63g (2.92%), Cholesterol: 0mg (0%), Sodium: 311.89mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin A: 4807.32IU (96.15%), Vitamin C: 14.13mg (17.12%), Vitamin K: 7.94µg (7.56%), Vitamin E: 1.01mg (6.72%), Vitamin B6: 0.08mg (3.89%), Manganese: 0.07mg (3.73%), Fiber: 0.93g (3.72%), Potassium: 127.97mg (3.66%), Folate: 7.77µg (1.94%), Vitamin B3: 0.38mg (1.89%), Vitamin B1: 0.03mg (1.71%), Magnesium: 6.09mg (1.52%), Phosphorus: 14.63mg (1.46%), Vitamin B2: 0.02mg (1.4%), Copper: 0.03mg (1.3%), Calcium: 12.39mg (1.24%), Iron: 0.21mg (1.18%), Vitamin B5: 0.1mg (1.01%)