



**89%**  
HEALTH SCORE

## Mr. Smoky's Chipotle-Mustard Hot Sauce

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



1490 min.

SERVINGS



2

CALORIES



1027 kcal

SAUCE

### Ingredients

- 3 chipotles in adobo (reserve 1 tablespoon of sauce from the can)
- 2 pepper flakes
- 1 teaspoon granulated sugar
- 3 ounces guajillo chiles\* dried
- 1 tablespoon kosher salt
- 0.5 cup juice of lemon freshly squeezed (from 5 medium lemons)
- 0.5 cup juice of lime freshly squeezed (from 7 medium limes)
- 3 tablespoons olive oil

- 1 teaspoon onion powder
- 1.5 cups guajillo chiles\* plus more for soaking the guajillos
- 2 tablespoons mustard seeds yellow

## Equipment

- bowl
- blender
- spatula
- colander

## Directions

- Place the guajillo chiles in a large bowl, add enough water to cover them, and let sit until softened, about 30 minutes. When the chiles are ready, drain them in a colander and transfer to a blender.
- Add the remaining measured ingredients including the reserved adobo sauce and blend about 30 seconds. Stop and scrape down the sides of the pitcher with a rubber spatula, then continue to blend until smooth, about 1 1/2 minutes more.
- Transfer the hot sauce to a container with a tightfitting lid and refrigerate at least 1 day before serving. Store in the refrigerator for up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:57.55, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:59.648260904395%

## Flavonoids

Eriodictyol: 4.3mg, Eriodictyol: 4.3mg, Eriodictyol: 4.3mg, Eriodictyol: 4.3mg Hesperetin: 14.25mg, Hesperetin: 14.25mg, Hesperetin: 14.25mg, Hesperetin: 14.25mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 1026.86kcal (51.34%), Fat: 38.17g (58.72%), Saturated Fat: 4.96g (30.97%), Carbohydrates: 176.56g (58.85%), Net Carbohydrates: 108.59g (39.49%), Sugar: 99.57g (110.64%), Cholesterol: 0mg (0%), Sodium: 3697.08mg (160.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.11%), Vitamin A: 58731.25IU (1174.62%), Fiber: 67.97g (271.9%), Vitamin K: 257.94µg (245.66%), Vitamin C: 176.51mg (213.95%), Vitamin B2: 2.74mg (161.02%), Potassium: 4483.87mg (128.11%), Manganese: 2.2mg (109.98%), Vitamin B6: 2.11mg (105.57%), Vitamin B3: 20.29mg (101.47%), Iron: 15.59mg (86.63%), Vitamin E: 11.03mg (73.51%), Magnesium: 254.34mg (63.58%), Phosphorus: 476.74mg (47.67%), Selenium: 31.1µg (44.43%), Folate: 159.24µg (39.81%), Copper: 0.67mg (33.27%), Vitamin B5: 2.44mg (24.44%), Vitamin B1: 0.33mg (22.23%), Zinc: 3.16mg (21.05%), Calcium: 152.9mg (15.29%)