



Peach-Habanero Chile Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



304 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 8 ounce bottled clam juice
- ☐ 1 tablespoon cornstarch
- ☐ 3 garlic cloves finely chopped
- ☐ 1 habanero chile finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped

- ☐ 2 peaches peeled chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots finely chopped
- ☐ 0.5 cup water
- ☐ 0.5 cup white wine

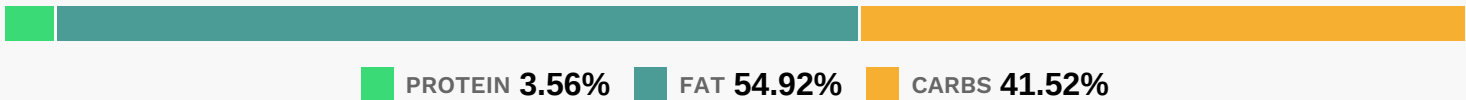
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt butter with oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 3 minutes or until onion is tender.
- ☐ Add garlic and shallot, and cook 1 minute.
- ☐ Add habanero chile; cook 1 minute. Stir in peaches, and cook 3 minutes.
- ☐ Add wine; cook 3 minutes. Stir in clam juice, and cook 2 more minutes.
- ☐ Process peach mixture in a food processor or blender until chunky, stopping to scrape down sides; stir in salt and pepper.
- ☐ Place peach mixture in a saucepan over medium-high heat. Stir together cornstarch and water, and stir cornstarch mixture into peach mixture. Bring to a boil; boil 1 minute or until thickened, stirring constantly.
- ☐ Serve warm over Pecan-crusted Trout.

Nutrition Facts



Properties

Glycemic Index:89.75, Glycemic Load:5.47, Inflammation Score:-7, Nutrition Score:7.6826087340065%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 304.23kcal (15.21%), Fat: 17.42g (26.8%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 26.48g (9.63%), Sugar: 14.41g (16.01%), Cholesterol: 20.07mg (6.69%), Sodium: 742.64mg (32.29%), Alcohol: 4.12g (100%), Alcohol %: 1.51% (100%), Protein: 2.54g (5.09%), Vitamin C: 18.22mg (22.08%), Vitamin E: 2.41mg (16.1%), Manganese: 0.31mg (15.26%), Vitamin A: 706.2IU (14.12%), Fiber: 3.15g (12.62%), Vitamin B6: 0.24mg (11.93%), Potassium: 350.85mg (10.02%), Vitamin K: 10.5µg (10%), Copper: 0.15mg (7.65%), Phosphorus: 66.86mg (6.69%), Folate: 26.58µg (6.64%), Magnesium: 25.34mg (6.33%), Vitamin B3: 1.17mg (5.85%), Vitamin B1: 0.08mg (5.36%), Iron: 0.94mg (5.25%), Selenium: 3.43µg (4.9%), Vitamin B2: 0.07mg (4.22%), Calcium: 39.44mg (3.94%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.52mg (3.49%)