

## Piri Piri Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

90 min.

SERVINGS

servings

30

CALORIES

calories

14 kcal

SAUCE

## Ingredients

- ☐ 3 cloves garlic minced
- ☐ 30 servings kosher salt
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 onion finely chopped
- ☐ 30 servings pepper freshly ground
- ☐ 1 large bell pepper red seeded finely chopped large
- ☐ 3 chiles fresh red such as cayenne, stemmed, seeded and finely chopped

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon paprika smoked sweet
- ☐ 3 thai chiles finely chopped
- ☐ 0.3 cup water

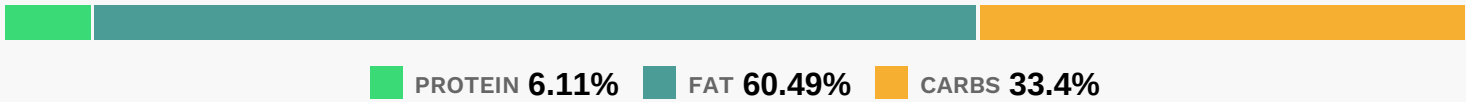
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

## Directions

- ☐ In a large skillet, heat the olive oil until shimmering.
- ☐ Add the bell pepper, onion, cayenne chiles, Thai chiles, garlic and paprika and cook over moderate heat, stirring occasionally, until the vegetables are softened, about 12 minutes.
- ☐ Scrape the mixture into a blender and let cool slightly.
- ☐ Add the vinegar, lemon juice and water and puree until almost smooth. Season the sauce with salt and pepper and transfer to a bowl.
- ☐ Let stand at room temperature for about 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.03, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:1.8386956168258%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg

Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 13.98kcal (0.7%), Fat: 1.01g (1.55%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 194.94mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin C: 14.62mg (17.72%), Vitamin A: 333.11IU (6.66%), Vitamin B6: 0.05mg (2.55%), Vitamin E: 0.32mg (2.16%), Manganese: 0.04mg (2.01%), Vitamin K: 1.87µg (1.78%), Fiber: 0.33g (1.33%), Potassium: 38.53mg (1.1%), Folate: 4.21µg (1.05%)