



## Raspberry Chipotle Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



139 kcal

SAUCE

### Ingredients

- 4 teaspoons chiles in adobo sauce
- 0.5 cup apple cider vinegar
- 0.3 cup brown sugar
- 2 cloves garlic minced
- 2 large jalapeño peppers diced seeded
- 2 tablespoons olive oil
- 12 ounce raspberries fresh
- 0.5 teaspoon salt

0.5 cup sugar white

## Equipment

bowl

frying pan

## Directions

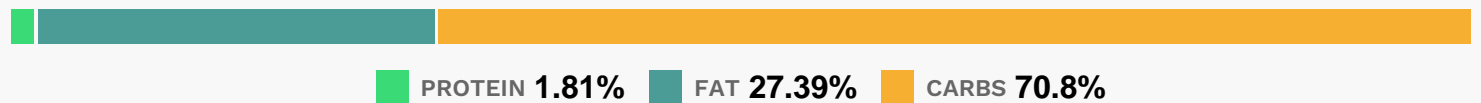
Heat olive oil in a skillet over medium heat. Stir in jalapenos; cook until tender, about 5 minutes.

Mix in garlic, and adobo sauce; bring to a simmer. Stir the raspberries into the sauce; cook until soft, about 3 minutes. Stir in the vinegar, salt, brown sugar, and white sugar.

Mix well. Simmer until thickened and reduced by half, about 15 minutes.

Transfer sauce to a heatproof bowl; allow to cool to room temperature before serving, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:24.76, Glycemic Load:9.49, Inflammation Score:-2, Nutrition Score:3.9091304592464%

## Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 139.35kcal (6.97%), Fat: 4.36g (6.7%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 22.42g (8.15%), Sugar: 21.29g (23.65%), Cholesterol: 0mg (0%), Sodium: 577.67mg (25.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 15.67mg (19%), Manganese: 0.34mg (17.17%), Fiber: 2.91g (11.64%), Vitamin E: 1.07mg (7.11%), Vitamin K: 6.28µg (5.98%), Magnesium: 12.01mg (3%), Potassium: 100.94mg (2.88%), Iron: 0.5mg (2.78%), Folate: 10.19µg (2.55%), Vitamin B6: 0.05mg (2.51%), Copper: 0.05mg (2.41%), Calcium: 22.49mg (2.25%), Phosphorus: 16.81mg (1.68%), Vitamin B5: 0.16mg (1.64%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.21mg (1.39%), Vitamin B2: 0.02mg (1.33%), Vitamin B1: 0.02mg (1.17%), Vitamin A: 57.31IU (1.15%)