



Raspberry Inferno Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



161 kcal

SAUCE

Ingredients



1 teaspoon chiles in adobo sauce



0.5 chipotle chile in adobo sauce



0.5 jalapeno fresh seeded



1 cup raspberry preserves

Equipment

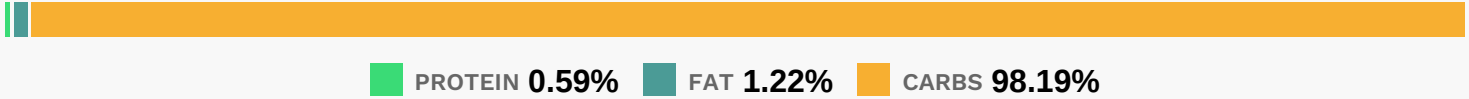


food processor

Directions

Place the chipotle chile, adobo sauce, jalapeno pepper, and raspberry preserves in a food processor. Pulse until peppers are chopped and sauce is smooth, about 5 or 6 pulses. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:21.14, Inflammation Score:-1, Nutrition Score:1.3360869618862%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 160.96kcal (8.05%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 38.69g (14.07%), Sugar: 27.63g (30.7%), Cholesterol: 0mg (0%), Sodium: 161.11mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin C: 6.42mg (7.78%), Fiber: 0.79g (3.17%), Copper: 0.06mg (2.87%), Vitamin B2: 0.04mg (2.6%), Iron: 0.34mg (1.87%), Folate: 6.62µg (1.66%), Selenium: 1.16µg (1.66%), Potassium: 48.08mg (1.37%), Calcium: 12.5mg (1.25%), Manganese: 0.02mg (1.19%), Phosphorus: 11.39mg (1.14%)