



Scotch Bonnet Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



149 kcal

SAUCE

Ingredients

- 6 cloves garlic crushed
- 6 jalapeño peppers fresh sliced
- 0.5 cup onion minced
- 0.8 teaspoon salt
- 18 scotch bonnet peppers fresh seeded sliced
- 1 teaspoon vegetable oil
- 2 cups water
- 0.3 cup distilled vinegar white

2 tablespoons sugar white

Equipment

sauce pan

blender

Directions

In a large sauce pan over medium-high heat, combine oil, peppers, garlic, onion, and salt; cook for 5 minutes, stirring frequently.

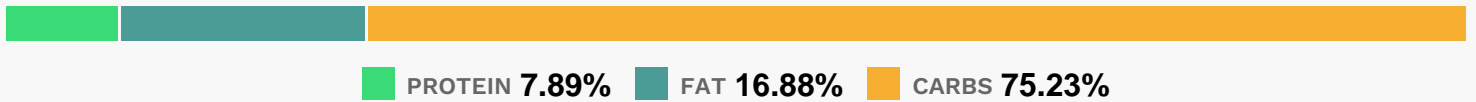
Pour in water, and cook for 20 minutes, or until the ingredients are soft. Stir frequently.

Remove from heat, and allow mixture to cool to room temperature.

Transfer the mixture to a blender, and puree until smooth.

Pour in vinegar and sugar; blend until mixed. Keep refrigerated .

Nutrition Facts



Properties

Glycemic Index:127.05, Glycemic Load:13.5, Inflammation Score:-9, Nutrition Score:14.746956358785%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg

Nutrients (% of daily need)

Calories: 149.42kcal (7.47%), Fat: 2.92g (4.5%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 25.94g (9.43%), Sugar: 20.28g (22.53%), Cholesterol: 0mg (0%), Sodium: 897.13mg (39.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin C: 184.91mg (224.13%), Vitamin B6: 0.79mg (39.55%), Vitamin A: 1311.17IU (26.22%), Vitamin K: 24.82µg (23.64%), Manganese: 0.43mg (21.57%), Vitamin E: 2.32mg (15.49%), Potassium: 489.51mg (13.99%), Fiber: 3.39g (13.58%), Copper: 0.22mg (10.96%), Folate: 39.91µg (9.98%), Magnesium: 35.96mg (8.99%), Vitamin B3: 1.77mg (8.83%), Vitamin B1: 0.12mg (7.87%), Phosphorus: 76.26mg (7.63%), Vitamin B2: 0.13mg (7.63%), Iron: 1.29mg (7.18%), Calcium: 52.8mg (5.28%), Vitamin B5: 0.42mg (4.16%), Selenium: 2.33µg (3.33%), Zinc: 0.5mg (3.3%)