



Sweet Chilli Sauce



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cayenne chilies
- ☐ 1 tablespoon cornstarch
- ☐ 2 cloves garlic
- ☐ 2 birds eye chilies
- ☐ 0.3 cup white vinegar
- ☐ 0.5 tablespoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons water

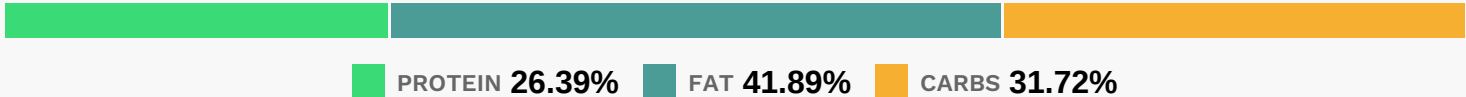
Equipment

☐ food processor

Directions

- ☐ Puree the chilies and garlic in a food processor.
- ☐ Bring the water, vinegar, sugar, salt, chilies and garlic to a boil and simmer for the chilies and garlic begin to get tender, about 3 minutes.
- ☐ Mix the cornstarch into the water, mix it into the sauce and heat until the sauce thickens, about a minute.
- ☐ Let cool and enjoy.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:17.64, Inflammation Score:-2, Nutrition Score:10.835652256789%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 345.6kcal (17.28%), Fat: 16.15g (24.85%), Saturated Fat: 7.13g (44.53%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 27.33g (9.94%), Sugar: 25.02g (27.8%), Cholesterol: 68.93mg (22.98%), Sodium: 932.34mg (40.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.79%), Selenium: 28.12µg (40.17%), Zinc: 5.84mg (38.9%), Vitamin B12: 1.88µg (31.26%), Vitamin B3: 5.59mg (27.93%), Vitamin B6: 0.48mg (24.09%), Phosphorus: 167.38mg (16.74%), Vitamin B2: 0.28mg (16.53%), Iron: 2.04mg (11.35%), Potassium: 319.98mg (9.14%), Vitamin B1: 0.1mg (6.94%), Magnesium: 25.18mg (6.3%), Copper: 0.1mg (5%), Vitamin A: 225.13IU (4.5%), Manganese: 0.05mg (2.41%), Vitamin K: 2.12µg (2.02%), Calcium: 13.38mg (1.34%), Vitamin C: 0.85mg (1.03%)