



The Red Howler Hot Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1460 min.

SERVINGS



6

CALORIES



15 kcal

SAUCE

Ingredients

- 0.5 cup carrots
- 0.5 teaspoon ground pepper
- 0.5 teaspoon granulated sugar
- 0.5 teaspoon kosher salt
- 6 tablespoons juice of lemon freshly squeezed (from 3 medium lemons)
- 1 teaspoon paprika hot
- 6 tablespoons red wine vinegar
- 2 teaspoons paprika smoked

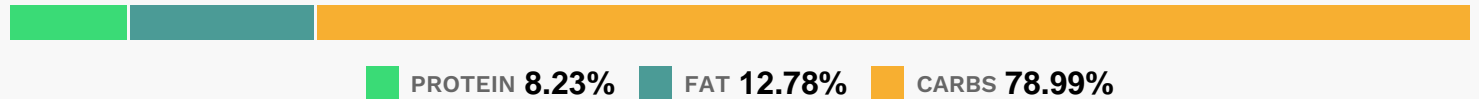
Equipment

- sauce pan
- blender
- spatula

Directions

- Bring a small saucepan of water to a boil over high heat.
- Add the carrots and cook until fork-tender, about 8 minutes.
- Drain and transfer to a blender.
- Add the remaining ingredients and blend for 30 seconds. Stop and scrape down the sides of the pitcher with a rubber spatula, then continue to blend until very smooth, about 30 seconds more.
- Transfer the hot sauce to a container with a tightfitting lid and refrigerate for at least 24 hours before serving. Store in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:3.5617392153844%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 15.16kcal (0.76%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 203.23mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin A: 2344.76IU (46.9%), Vitamin C: 6.65mg (8.06%), Fiber: 0.74g (2.95%), Vitamin E: 0.43mg (2.89%), Vitamin B6: 0.05mg (2.36%), Potassium: 81.64mg

(2.33%), Vitamin K: 2.34µg (2.23%), Manganese: 0.04mg (2.18%), Iron: 0.34mg (1.88%), Folate: 5.69µg (1.42%),
Vitamin B2: 0.02mg (1.31%), Magnesium: 4.82mg (1.2%), Vitamin B3: 0.23mg (1.17%)