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Hot Picante Sauce ♦♦

Hot Picante Sauce is a spicy and flavorful sauce that is commonly used in Mexican cuisine. It is made with a combination of fresh chili peppers, tomatoes, onions, garlic, and various spices. The sauce is typically consumed as a condiment or used as a base for other dishes such as enchiladas, tacos, and burritos. It adds a fiery kick to any meal and is loved by those who enjoy spicy food.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	fresh chili peppers
300 g	Tomatoes
100 g	Onions
3 cloves	garlic

1 tsp	salt
1 tsp	black pepper
2 tsp	cumin
1 tsp	oregano
2 tbsp	vinegar
1 tbsp	sugar

Directions

Step 1

Blending

In a blender, combine the chili peppers, tomatoes, onions, and garlic. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Transfer the mixture to a saucepan and heat over medium heat.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Stove

Add salt, black pepper, cumin, oregano, vinegar, and sugar to the saucepan. Stir well to combine.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Stove

Simmer the sauce on low heat for 20 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Refrigerating

Remove from heat and let the sauce cool. Transfer to a jar or bottle and refrigerate until ready to use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 25 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	1 g	2.63%	4%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	120 mg	3.53%	4.62%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Sauces & Dressings

Cooking Method

Steaming

Cut

Mixing

Cooking

None

Stir-frying

Sprinkling

Refrigerating

Cooling

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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