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Buffalo Sauce ••

Buffalo sauce is a spicy sauce made from hot peppers, vinegar, and butter. It is commonly used as a condiment for chicken wings and other dishes. The sauce originated in Buffalo, New York and has since become popular worldwide.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

100 g	hot peppers
50 ml	vinegar
50 g	butter
5 g	Salt
5 g	garlic powder

5 g onion powder

Directions

Step 1

Blending

Blend the hot peppers, vinegar, salt, garlic powder, and onion powder until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Melt the butter in a saucepan over low heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stove

Add the blended hot pepper mixture to the melted butter and stir well.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 100 kcal

Fat: 10 g

Protein: 1 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Picnic

Course

Appetizers

Snacks

Sauces & Dressings

Cooking Method

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Cooking

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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