

Jamaican Scotch Bonnet Pepper Sauce –

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-scotch-bonnet-hot-sauce-recipe>

Ingredients:

- 10 Scotch Bonnet peppers chopped
- 1 white onion large, chopped
- 1 small carrot peeled and chopped
- 1 chayote peeled and chopped
- 1/2 cucumber chopped
- 1 mango peeled and chopped
- 1 cup pineapple chopped
- 5 cloves garlic chopped
- 1/2 cup pickled jalapeno peppers chopped
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 1/4 cup apple cider vinegar
- 2 limes plus lime zest
- mango
- chili pepper recipe
- chili pepper Madness
- scotch bonnet

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 7 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 1050 milligrams

9. Sugar: 24 grams

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