

Joe's Spicy Portuguese Sauce

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-portuguese-sauce-recipe>

Ingredients:

- 1 yellow onion thinly sliced
- 3 tablespoons crushed red pepper fresh, if you can find Portuguese use that, if not harissa works well
- 2 garlic cloves minced
- parsley handful, minced
- olive oil a good Portuguese one
- red wine vinegar

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 5 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 5 milligrams
8. Sugar: 2 grams

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