

# Hot Pepper Sauce

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 3 cups hot peppers whole
- 1/4 cup red bell pepper or any colored pepper
- 6 cloves garlic whole
- 1 tablespoon salt Kosher or Sea salt
- 2 tablespoons vinegar White or white balsamic
- 1/4 cup olive oil extra virgin
- 1/3 cup cilantro leaves
- 1/4 cup mint leaves
- 1 tablespoon olive oil extra virgin

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 12 grams
3. Fat: 17 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1780 milligrams
8. Sugar: 6 grams

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