

# Peruvian Pepper Sauce

50 Burger Toppings  
Food Network Magazine

2 tablespoons coconut oil  
1 small onion, chopped  
3 cloves garlic, sliced  
pinch salt  
1/3 cup aji amarillo paste (Peruvian  
chile paste)  
2 tablespoons rice vinegar  
1 teaspoon brown sugar  
1/2 teaspoon Kosher salt

In a skillet over medium heat, saute' the onion,  
garlic, salt in the coconut oil until lightly browned,  
10 minutes.

Cool for 5 minutes.

Place the mixture in a food processor. Add the  
amarillo paste, vinegar, brown sugar and salt.  
Puree'.

*Can be used as a hamburger topping.*

Per Serving (excluding unknown  
items): 306 Calories; 27g Fat  
(76.5% calories from fat); 2g  
Protein; 17g Carbohydrate; 2g  
Dietary Fiber; 0mg Cholesterol;  
946mg Sodium. Exchanges: 2  
Vegetable; 5 1/2 Fat; 1/2 Other  
Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	306
% Calories from Fat:	76.5%
% Calories from Carbohydrates:	21.3%
% Calories from Protein:	2.3%
Total Fat (g):	27g
Saturated Fat (g):	24g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	946mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	21mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2

**Potassium (mg):** 249mg  
**Calcium (mg):** 43mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 10mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 5 1/2  
**Other Carbohydrates:** 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 306                      Calories from Fat: 234

### % Daily Values\*

<b>Total Fat</b>	27g	42%
Saturated Fat	24g	118%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	946mg	39%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	2g	9%
<b>Protein</b>	2g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		16%
<b>Calcium</b>		4%
<b>Iron</b>		4%

\* Percent Daily Values are based on a 2000 calorie diet.