

Sweet and Tangy Red Chile Glaze Dipping Sauce

*JeanMarie Brownson - Chicago Tribune
St Lucie News Tribune*

Yield: 1 1/2 cups

*1 cup light agave syrup
1/3 cup vegetable oil
1/4 cup hot pepper sauce
1 to 2 teaspoons crushed red pepper flakes (to taste)
1/2 teaspoon salt*

Preparation Time: 5 minutes

Cook Time: 2 minutes

In a small saucepan, mix all of the ingredients.

Heat over medium heat until warm and the salt has dissolved.

Serve warm.

Per Serving (excluding unknown items): 642 Calories; 72g Fat (99.2% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2546mg Sodium. Exchanges: 14 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	642
% Calories from Fat:	99.2%
% Calories from Carbohydrates:	0.6%
% Calories from Protein:	0.2%
Total Fat (g):	72g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	43g
Polyunsaturated Fat (g):	15g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	2546mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Potassium (mg): 81mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 42mg
Vitamin A (i.u.): 170IU
Vitamin A (r.e.): 17RE

Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 642 Calories from Fat: 637

% Daily Values*

Total Fat	72g		111%
Saturated Fat	8g		42%
Cholesterol	0mg		0%
Sodium	2546mg		106%
Total Carbohydrates	1g		0%
Dietary Fiber	1g		3%
Protein	trace		
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Vitamin A			3%
Vitamin C			70%
Calcium			1%
Iron			1%

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