

Sweet Chile Dipping Sauce

Publix Grape Magazine - Winter 2014

6 tablespoons white vinegar
2 serrano chile peppers, stemmed,
halved and seeded
4 cloves garlic
1 teaspoon salt
1 cup water
1/2 cup sugar
4 teaspoons cornstarch

Preparation Time: 20 minutes

Grill: 5 minutes

In a blender or food processor, combine the vinegar, serrano peppers, garlic and salt. Cover and blend or process until smooth.

Transfer the mixture to a small saucepan. Stir in the water, sugar and cornstarch. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more.

Remove from the heat and cool completely before serving.

Per Serving (excluding unknown items): 458 Calories; trace Fat (0.1% calories from fat); 1g Protein; 119g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2144mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 7 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	458
% Calories from Fat:	0.1%
% Calories from Carbohydrates:	99.3%
% Calories from Protein:	0.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	119g
Dietary Fiber (g):	trace
	1g

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

Food Exchanges

Grain (Starch):	1/2
	0
	1

Protein (g):
Sodium (mg): 2144mg
Potassium (mg): 140mg
Calcium (mg): 47mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat:
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 7

Nutrition Facts

Amount Per Serving

Calories 458 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2144mg	89%
Total Carbohydrates	119g	40%
Dietary Fiber	trace	1%
Protein	1g	
Vitamin A		0%
Vitamin C		6%
Calcium		5%
Iron		5%

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