

# How it's made

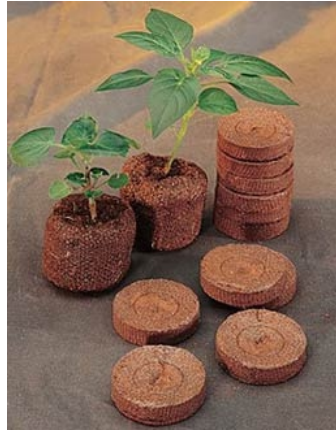
## Low Sodium Hot Sauce

For an early start in the spring, pepper plants are started indoors 8 weeks prior to the last frost.

After the soil warms and the chance of frost passes, young plants are transplanted in the garden.

It takes 65 days from time of planting to harvest green peppers, 85 days for red peppers.

Besides weeds and bugs, deer are pests and like to eat the tops of the pepper plants.





A variety of peppers are harvested and chopped into pieces and cooked in an open kettle.

Spices are added and the cooked peppers are pureed into hot sauce.

Nutrition Facts			
Serving Size 1 teaspoon (5g)			
Servings Per Container 68			
Amount Per Serving			
Calories 0		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	0g	0%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein 0g			
Vitamin A 2% • Vitamin C 8%			
Calcium 0% • Iron 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

