



## Article Side

Savor Flavorful and Healthy Meals with Hot Pepper Sauce by [Alex Staff](#)

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Hot pepper sauce is a necessity for some people to consider a get together complete. To those who want a little extra spice in their meal, chili dips grant that distinctive taste, taking their dining experience to a more delightful level. Hot sauce is not only a tasty complement to tested recipes, but also a healthful option nutrition experts would propose adding to one's diet regime.

The distinct flavor of pepper comes from capsaicin which acts on pain receptors and not on the tastebuds. Sweet and hot peppers include substances that raise the body's heat production and oxygen consumption, minimizing blood cholesterol.

Hot sauce is made of bits of simmered peppers cooked in salt and soft vinegar. Different kinds of peppers are used, and the most typical ones comprise Habanero Pepper, Tabasco Pepper, and Jalapeño Pepper. These types of peppers give your sauce its exceptional color and taste. Habanero is extremely hot and gives off an orange color, whereas the Tabasco creates a reddish sauce with an average degree of being spicy. The Jalapeño or green pepper gives hot sauce a greenish shade and is weak in taste.

As pepper makes dishes more delectable, it also helps with liver function and digestion. Peppers are abundant in Vitamin A, C, and K, and Vitamin A and C are antioxidants that help stop cell damage that causes cancer. Additionally, these vitamins aid in dealing with illnesses associated with aging while supporting the immune system. Vitamin K promotes proper blood clotting and strengthens the bones.

Red peppers are a source of lycopene, a carotenoid that helps thwart bladder, prostate, cervix, and pancreatic cancer. An additional carotenoid red peppers are loaded with is beta-cryptoxanthin; it helps protect against lung cancer. Hot pepper sauce is nutritious and is also a tasty ingredient to fine and homemade cuisines. In parties, hot pepper sauce is a mouthwatering complement to meals like spaghetti, tacos, chili, and burgers.

If you are thinking about what to bring at a party, consider hot sauce gifts as a tasty option. Guests and hosts would truly appreciate the flavorsome addition to their dish and will undoubtedly indulge in a flavorful dining experience.

Party dips, especially spicy ones, are a fantastic add-on too to any celebration. A special sauce like mustard is a common alternative, and other flavors of dips your guests would absolutely love include blue cheese, French onion, sour cream, ranch, and cheddar cheese. Browse the Web to learn more about peppers and their health benefits.

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