Spice up Your Meals with a Good Dose of Hot Pepper Sauce by Alex Staff

Article published on April 20th 2012 | Food

Hot pepper sauce is required for some individuals to consider a party complete. To people who like some extra spice on their meal, chili dips offer that distinctive flavor, taking their dining experience to a more delectable level. Hot sauce is not just an appetizing complement to dishes, but also a healthy alternative nutrition experts would propose supplementing one's eating habits.

The unique taste of pepper comes from capsaicin that acts on pain receptors but not on the taste buds. Hot and sweet peppers include ingredients that raise the bodyâ€™s heat production and oxygen intake, reducing blood cholesterol.

Hot sauce is made of chunks of boiled peppers cooked in soft vinegar and salt. Various types of peppers are used, and the most popular ones comprise JalapeÃ±o Pepper, Habanero Pepper, and Tabasco Pepper. These types of peppers grant your sauce its distinctive color and taste. Habanero is incredibly hot and exudes an orange shade, whereas the Tabasco makes a reddish sauce with a normal level of spiciness. The JalapeÃ±o or green pepper provides hot sauce a greenish color and is weak in taste.

While pepper makes food more delectable, it also aids in 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 assist in dealing with diseases linked to aging while supporting the immune system. Vitamin K promotes proper blood clotting and fortifies the bones.

Red peppers are a source of lycopene, a carotenoid that helps prevent prostate, bladder, cervix, and pancreatic cancer. Another carotenoid red peppers are high in is beta-cryptoxanthyin; it helps prevent lung cancer. Hot pepper sauce is healthful 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, burgers, and chili.

If you are contemplating what you must bring at a party, consider hot sauce gifts as a scrumptious option. Guests and hosts would truly appreciate the flavorsome addition to their meal and will certainly relish in a flavorful dining experience.

Party dips, especially spicy ones, are a fantastic addition too to any celebration. A special sauce such as mustard is a common option, and other flavors of dips your friends and family would love include French onion, blue cheese, ranch, sour cream, and cheddar cheese. Explore the Internet for additional info on peppers and their wonderful benefits.

Article Source:
http://www.articleside.com/food-articles/spice-up-your-meals-with-a-good-dose-of-hot-pepper-sauce.htm - Article Side

Alex Staff - About Author:
For more details, search a Hot pepper sauce, a hot sauce gifts and a Party dips in Google for related information.

Article Keywords:

hot pepper sauce, hot sauce gifts, party dips

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!