

food
network



HEALTH SCORE

75%

Ancho Chili Powder



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



7 min.

SERVINGS



4

CALORIES



128 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



3 ancho chiles seeded



2 tablespoons chili powder



1 tablespoon garlic powder



0.3 teaspoon ground cinnamon



2 tablespoons ground coriander



1 tablespoon ground cumin



1 tablespoon oregano dried



1 teaspoon sugar

☐ 1 tablespoon paprika sweet

Equipment

☐ food processor

☐ frying pan

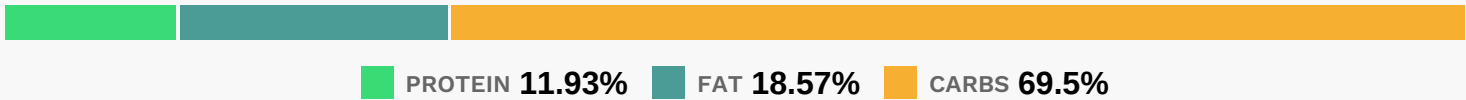
Directions

☐ This homemade chili powder will add a smoky depth to chili and as a dry rub for steaks. Toast the ancho chile pieces over low heat in a dry skillet until fragrant, shaking the pan so they don't scorch.

☐ Put the chiles in a mini food processor and pulse to a powder.

☐ Add the remaining ingredients and buzz again to combine.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:17.760434783023%

Nutrients (% of daily need)

Calories: 128.43kcal (6.42%), Fat: 3.17g (4.88%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 15.2g (5.53%), Sugar: 12.38g (13.76%), Cholesterol: 0mg (0%), Sodium: 95.61mg (4.16%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin A: 9041.73IU (180.83%), Fiber: 11.52g (46.08%), Vitamin K: 41.94µg (39.94%), Iron: 4.63mg (25.75%), Manganese: 0.51mg (25.63%), Vitamin B2: 0.4mg (23.37%), Vitamin E: 3.15mg (21.02%), Potassium: 707.44mg (20.21%), Vitamin B6: 0.39mg (19.34%), Vitamin B3: 3.11mg (15.57%), Magnesium: 50.9mg (12.73%), Vitamin C: 8.98mg (10.89%), Phosphorus: 87.15mg (8.72%), Copper: 0.17mg (8.44%), Calcium: 83.51mg (8.35%), Zinc: 0.8mg (5.34%), Folate: 19.42µg (4.86%), Selenium: 3.12µg (4.46%), Vitamin B1: 0.06mg (4.22%), Vitamin B5: 0.36mg (3.57%)