



Ancho-Guajillo Chile Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



227 kcal

SAUCE

Ingredients

- 2 teaspoons sea salt fine
- 0.5 teaspoon oregano dried
- 5 cups water hot
- 1 ounce guajillo chiles* dried stemmed seeded
- 4 garlic clove peeled
- 9 ancho chili pepper dried stemmed seeded (scant 4 ounces)

Equipment

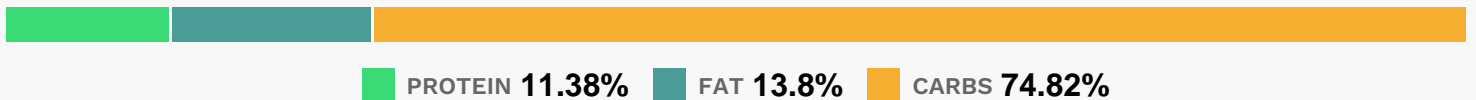
- bowl

- frying pan
- blender
- spatula

Directions

- Heat heavy large skillet over medium-high heat 2 minutes.
- Add all chile pieces; cook just until chiles blister, pressing with metal spatula and turning occasionally, about 30 seconds.
- Transfer chiles to bowl; add 5 cups very hot water. Soak chiles until very tender, pushing occasionally to submerge, about 30 minutes.
- Working in 3 batches, puree chiles with soaking liquid and all remaining ingredients in blender until smooth. Season sauce with more salt, if desired. (Can be made 1 day ahead. Cover and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:24.503043423528%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 226.6kcal (11.33%), Fat: 4.01g (6.17%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 48.9g (16.3%), Net Carbohydrates: 29.06g (10.57%), Sugar: 28.23g (31.36%), Cholesterol: 0mg (0%), Sodium: 1004.97mg (43.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin A: 18192.9IU (363.86%), Fiber: 19.84g (79.37%), Vitamin K: 75.58µg (71.99%), Vitamin B2: 0.83mg (48.89%), Potassium: 1296.46mg (37.04%), Manganese: 0.62mg (30.81%), Vitamin B3: 5.98mg (29.9%), Vitamin B6: 0.59mg (29.4%), Vitamin C: 22.32mg (27.05%), Iron: 4.27mg (23.72%), Magnesium: 63.96mg (15.99%), Vitamin E: 2.19mg (14.63%), Phosphorus: 113.15mg (11.32%), Copper: 0.2mg (10.18%), Folate: 35.57µg (8.89%), Vitamin B5: 0.67mg (6.73%), Zinc: 0.76mg (5.06%), Calcium: 46.11mg (4.61%), Vitamin B1: 0.06mg (4.05%), Selenium: 2.76µg (3.94%)