



Ancho-Red Pepper Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



213 kcal

SAUCE

Ingredients

- ☐ 3 ancho chile pods
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic coarsely chopped
- ☐ 1.5 tablespoons honey
- ☐ 2 cups plum tomatoes
- ☐ 1 large onion red coarsely chopped
- ☐ 2 tablespoons red wine vinegar

- ☐ 3 roasted peppers red coarsely chopped
- ☐ 4 servings salt and pepper black freshly ground

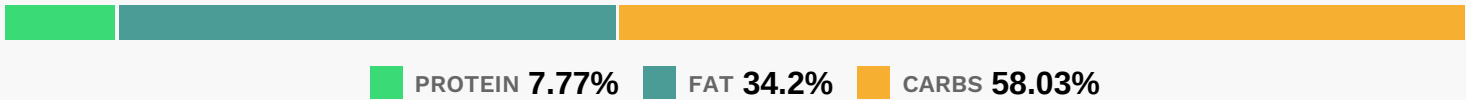
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Put the ancho pods in a bowl and cover with boiling water.
- ☐ Let sit for 30 minutes, then remove the stems and seeds and coarsely chop. Reserve the soaking liquid.
- ☐ Heat the oil in a medium saucepan over high heat.
- ☐ Add the onions and cook until soft.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Add the tomatoes, peppers and ancho chiles and cook until the tomatoes soften and break down and the liquid thickens, 20 to 30 minutes.
- ☐ Let cool for about and carefully transfer the mixture to a food processor and process until smooth.
- ☐ Add the vinegar, honey, salt, pepper, to taste, and cilantro and pulse a few times just to combine.
- ☐ Transfer to a covered container and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:18.80217380109%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 213.42kcal (10.67%), Fat: 8.89g (13.68%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 24.08g (8.75%), Sugar: 21.55g (23.95%), Cholesterol: 0mg (0%), Sodium: 412.58mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Vitamin A: 8151.57IU (163.03%), Vitamin C: 40.44mg (49.01%), Vitamin K: 46.15µg (43.95%), Fiber: 9.87g (39.48%), Potassium: 874.48mg (24.99%), Manganese: 0.49mg (24.73%), Vitamin B2: 0.36mg (21.28%), Vitamin B6: 0.42mg (21.06%), Vitamin E: 2.72mg (18.14%), Vitamin B3: 3.2mg (16%), Iron: 2.32mg (12.87%), Magnesium: 43.37mg (10.84%), Folate: 41.66µg (10.41%), Copper: 0.19mg (9.52%), Phosphorus: 88.65mg (8.86%), Vitamin B1: 0.09mg (5.99%), Calcium: 47.45mg (4.75%), Vitamin B5: 0.43mg (4.26%), Zinc: 0.62mg (4.12%), Selenium: 1.54µg (2.19%)