



Authentic Mexican Hot Sauce

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

70 min.

SERVINGS

servings

12

CALORIES

calories

8 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon brown sugar packed
- ☐ 2 new mexico chile pods dried
- ☐ 1 chile negro pepper dried (pasilla)
- ☐ 2 cloves garlic pressed
- ☐ 1 teaspoon ground cumin
- ☐ 1 guajillo chile dried
- ☐ 1 teaspoon salt
- ☐ 1.5 cups warm water

☐ 1 teaspoon vinegar white

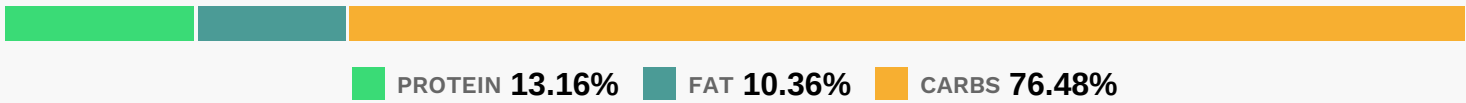
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Remove stems and seeds from the guajillo chile, pasilla chile, and the New Mexico chile pods.
- ☐ Heat a cast-iron skillet over medium heat. Toast the chile pods in the skillet until lightly brown, about 2 to 3 minutes.
- ☐ Transfer the chile pods to a small bowl and pour the warm water over them. Allow chiles to soak about 40 minutes.
- ☐ Remove the guajillo and New Mexico chiles from the water. Use a spoon to scrape the pulp from the skin. Discard the skin.
- ☐ Place the pulp of the guajillo chile and the New Mexico chiles in a food processor with the pasilla chile and the water in which the peppers soaked. Puree in the food processor until all ingredients are combined.
- ☐ Add the garlic, cumin, salt, brown sugar, salt, and vinegar. Puree the mixture until smooth.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.8491304244684%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 8.16kcal (0.41%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.48g (0.54%), Sugar: 1.05g (1.16%), Cholesterol: 0mg (0%), Sodium: 197.01mg (8.57%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin C: 16.43mg (19.91%), Vitamin A: 186.52IU (3.73%),
Vitamin B6: 0.07mg (3.32%), Manganese: 0.04mg (1.91%), Vitamin K: 1.91µg (1.82%), Iron: 0.26mg (1.43%),
Potassium: 47.16mg (1.35%), Copper: 0.02mg (1.16%), Fiber: 0.28g (1.12%)