



Café Pasqual's Three-Chili Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 chiles de árbol dried ()
- ☐ 3 guajillo chilies dried (1 oz. total)
- ☐ 2 cloves garlic peeled
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 oz jalapeño chili fresh stemmed rinsed
- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon regular oregano dried

- ☐ 0.8 teaspoon salt
- ☐ 0.3 pound tomatillos husked rinsed halved
- ☐ 0.5 lb firm-ripe tomato cored rinsed quartered

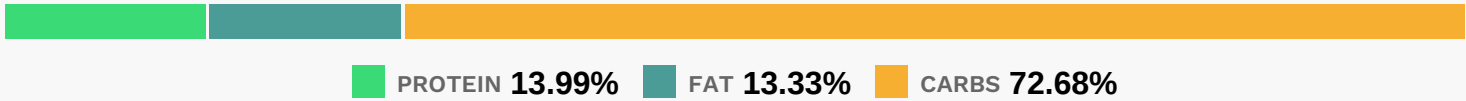
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Trim and discard stems from guajillos and chiles de arbol; discard seeds from guajillos. Rinse chilies.
- ☐ In a 2- to 3-quart pan, combine dried chilies, tomatillos, tomato, jalapeo, onion, garlic, 3/4 teaspoon salt, and 1 cup water. Cover and bring to a boil over high heat; stir frequently until dried chilies are limp, 10 to 15 minutes.
- ☐ Let cool about 10 minutes.
- ☐ Meanwhile, in an 8- to 10-inch frying pan over low heat, stir cumin, cloves, and oregano until fragrant, about 4 minutes.
- ☐ Combine chili mixture and spices in a blender. Whirl until coarsely pured.
- ☐ Add salt to taste.
- ☐ Pour into a bowl.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:6.6830434177233%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 29.63kcal (1.48%), Fat: 0.5g (0.78%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.57g (1.66%), Sugar: 3.63g (4.04%), Cholesterol: 0mg (0%), Sodium: 295.92mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 46.71mg (56.62%), Vitamin A: 677.72IU (13.55%), Manganese: 0.21mg (10.46%), Vitamin K: 10.5µg (10%), Vitamin B6: 0.2mg (9.9%), Potassium: 258.29mg (7.38%), Fiber: 1.62g (6.5%), Vitamin B3: 1.07mg (5.36%), Vitamin E: 0.66mg (4.39%), Magnesium: 16.64mg (4.16%), Copper: 0.08mg (4%), Folate: 14.9µg (3.73%), Iron: 0.64mg (3.55%), Phosphorus: 33.32mg (3.33%), Vitamin B1: 0.05mg (3.18%), Vitamin B2: 0.04mg (2.62%), Calcium: 14.76mg (1.48%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.21mg (1.42%)