



Chili Purée



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



13 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces california chilies dried (9 to 12; each 4 in. long)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 7 servings salt and pepper
- ☐ 0.3 cup shallots chopped

Equipment

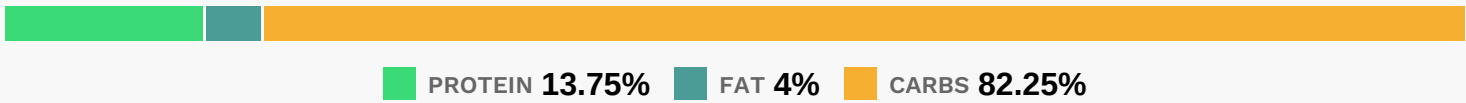
- ☐ bowl
- ☐ frying pan
- ☐ sieve

- ☐ blender
- ☐ kitchen scissors

Directions

- ☐ Rinse chilies. Break off and discard stems and shake out as many seeds as you can. With scissors, cut chilies into 1/2-inch pieces and drop into a 1- to 2-quart pan.
- ☐ Add 1 1/2 cups water, shallots, and cinnamon. Bring to a boil over high heat, then reduce heat, cover, and simmer until chilies are soft, 5 to 10 minutes. In a blender, whirl mixture until smooth. Press pure through a strainer set over a bowl. Stir in salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:11.43, Glycemic Load:0.86, Inflammation Score:-2, Nutrition Score:2.2839130616706%

Nutrients (% of daily need)

Calories: 13.32kcal (0.67%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 196.25mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Vitamin C: 18.37mg (22.26%), Vitamin B6: 0.1mg (5.03%), Manganese: 0.08mg (4.05%), Fiber: 0.62g (2.47%), Vitamin A: 116.54IU (2.33%), Potassium: 77.41mg (2.21%), Vitamin K: 1.84µg (1.75%), Folate: 6.63µg (1.66%), Iron: 0.27mg (1.52%), Copper: 0.03mg (1.31%), Magnesium: 5.25mg (1.31%), Phosphorus: 12.08mg (1.21%), Vitamin B1: 0.02mg (1.04%)