



Chipotle-Poblano Ketchup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



64

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chipotle sauce canned minced seeded (2 chiles)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup catsup
- ☐ 5 ounces poblano chile

Equipment

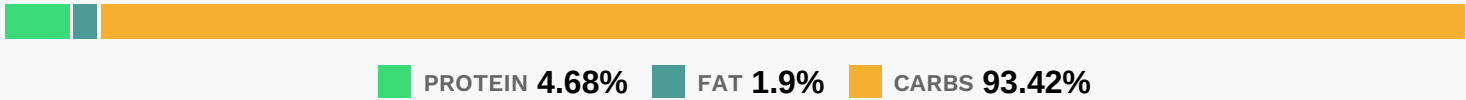
- ☐ baking sheet
- ☐ knife
- ☐ aluminum foil

- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Pierce poblano 2 times with the tip of a knife.
- ☐ Place poblano on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and discard skins.
- ☐ Cut a lengthwise slit in poblano; discard seeds and stem. Finely chop poblano.
- ☐ Combine poblano and remaining ingredients. Refrigerate in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:0.23, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.31869564626528%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 4.6kcal (0.23%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 34.11mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 1.94mg (2.35%)