



Chipotle Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 chipotle sauce dried canned (3 oz. total) (see notes)
- ☐ 20 garlic cloves unpeeled
- ☐ 0.5 cup juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt
- ☐ 32 oz firm-ripe tomatoes rinsed
- ☐ 12 oz onions white unpeeled cut in half horizontally

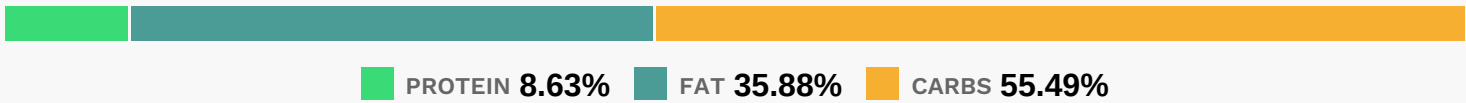
Equipment

- ☐ frying pan
- ☐ blender
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Cover bottom of a 10- to 12-inch grill pan or heavy frying pan with foil and set over high heat. When hot, set tomatoes, onions, and garlic on foil. Turn occasionally until browned in spots all over, 5 to 6 minutes for garlic, 9 to 12 minutes for onions and tomatoes; remove each as done.
- ☐ Add dried chiles (omit this step if using canned chiles) to pan and turn often just until slightly softened and darkened in spots, 1 to 2 minutes.
- ☐ Let cool.
- ☐ Stem chiles; slit open and remove seeds. Wearing rubber gloves, break or cut chiles into small pieces; drop into a blender. Core tomatoes and cut into chunks; add to blender. Peel onions and garlic; coarsely chop and add to blender. Whirl mixture until smooth, pushing it down into blades as needed.
- ☐ Pour olive oil into a 10- to 12-inch frying pan over medium-high heat; when hot, add tomato mixture and stir often until it simmers rapidly, 3 to 4 minutes.
- ☐ Add lime juice and stir occasionally until salsa is fairly thick, 10 to 15 minutes longer.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:15.803912950599%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg

Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 19mg, Quercetin: 19mg, Quercetin: 19mg, Quercetin: 19mg

Nutrients (% of daily need)

Calories: 283.94kcal (14.2%), Fat: 12.26g (18.86%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 42.65g (14.22%), Net Carbohydrates: 30.55g (11.11%), Sugar: 21.11g (23.45%), Cholesterol: 0mg (0%), Sodium: 234.47mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.27%), Vitamin C: 51.12mg (61.96%), Fiber: 12.1g (48.41%), Vitamin A: 1907.39IU (38.15%), Manganese: 0.63mg (31.25%), Vitamin B6: 0.48mg (24.05%), Vitamin K: 25.01µg (23.82%), Potassium: 757.37mg (21.64%), Vitamin E: 2.83mg (18.88%), Folate: 53.65µg (13.41%), Copper: 0.22mg (11.01%), Vitamin B1: 0.16mg (10.71%), Phosphorus: 106.28mg (10.63%), Magnesium: 39.63mg (9.91%), Vitamin B3: 1.59mg (7.97%), Calcium: 73.85mg (7.39%), Iron: 1.13mg (6.3%), Vitamin B2: 0.09mg (5.12%), Zinc: 0.73mg (4.86%), Vitamin B5: 0.43mg (4.33%), Selenium: 2.59µg (3.69%)