



Chipotle Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



44 kcal

SAUCE

Ingredients

- 1 small onion yellow coarsely chopped
- 1 oz ancho chili pepper dried
- 2 cups water
- 1 tablespoon cumin seeds toasted
- 2 garlic clove
- 1 chipotle chile dried

Equipment

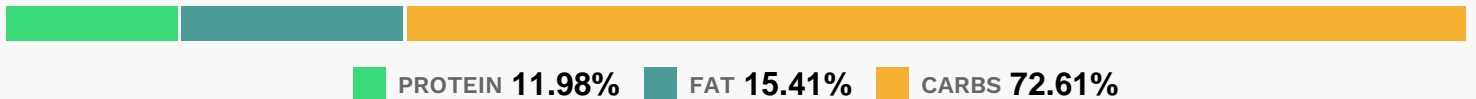
- sauce pan

- blender
- mortar and pestle
- slotted spoon

Directions

- Discard stems from chiles and remove seeds. Rinse chiles under cold running water. Bring chiles with water to a simmer in a nonreactive 1 1/2-quart saucepan.
- Add onion, garlic, and a pinch of salt, then simmer, uncovered, stirring occasionally (add more water if necessary to cover chiles), until softened, about 30 minutes.
- While chiles are cooking, finely grind cumin seeds with a mortar and pestle or in an electric coffee/spice grinder.
- Transfer chiles and vegetables with a slotted spoon to a blender and purée with cumin and cup chile water (save remaining chile water) until smooth. (Sauce should be thick but not stiff; add more chile water, 1 tablespoon at a time, if necessary.) Season with salt.
- Sauce may be made 3 days ahead, cooled completely, and chilled, covered. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.53, Inflammation Score:-8, Nutrition Score:5.1778259847475%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 43.58kcal (2.18%), Fat: 0.85g (1.3%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 17.34mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin A: 1896.84IU (37.94%), Fiber: 3.02g (12.08%), Iron: 1.49mg (8.25%), Manganese: 0.16mg (7.79%), Vitamin K: 7.84µg (7.47%), Vitamin B2: 0.1mg (5.69%), Potassium: 190.92mg (5.45%), Vitamin B6: 0.1mg (5.18%), Vitamin C: 4.1mg (4.97%), Magnesium: 15.03mg (3.76%), Vitamin B3: 0.71mg (3.57%), Copper: 0.06mg (2.97%), Calcium: 27.44mg (2.74%), Phosphorus: 26.12mg (2.61%), Vitamin E:

0.28mg (1.85%), Folate: 7.13µg (1.78%), Vitamin B1: 0.03mg (1.75%), Zinc: 0.2mg (1.36%)