



Chipotle Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 oz chipotle chilies dried
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 0.5 cup part of leeks white chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 6 servings salt

Equipment

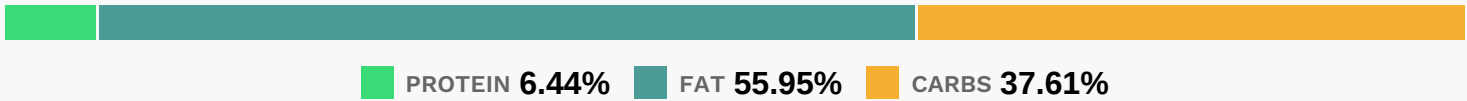
- ☐ bowl

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a bowl, combine chipotles and 2 cups hot water.
- ☐ Let stand until chipotles are soft, 10 to 15 minutes.
- ☐ Pull off and discard chili stems, seeds, and veins. Also discard the soaking water.
- ☐ Meanwhile, in a 10- to 12-inch frying pan, combine 1 teaspoon butter and onion. Stir often over high heat until onion is limp, about 1 minute.
- ☐ Add chipotles and chicken broth.
- ☐ Scrape mixture into a blender. Whirl until very smooth. Return to pan and stir over high heat until simmering, about 3 minutes, then add lemon juice and remaining butter.
- ☐ Remove from heat and stir until butter melts. Season to taste with salt. Use hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:1.6139130304041%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 63.46kcal (3.17%), Fat: 4.15g (6.39%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 400.14mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Fiber: 2.17g (8.66%), Vitamin A: 290.71IU (5.81%), Vitamin K: 3.49µg (3.32%), Vitamin C: 1.87mg (2.26%), Manganese: 0.04mg (2.03%), Vitamin E: 0.22mg (1.44%), Folate: 5.67µg (1.42%), Vitamin B12: 0.08µg (1.34%), Selenium: 0.91µg (1.3%), Vitamin B3: 0.24mg (1.22%), Vitamin B6: 0.02mg (1.21%), Iron: 0.21mg (1.18%)