



 **93%**  
HEALTH SCORE

## Chipotle-Tomato Broth

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**126 kcal**

SIDE DISH

### Ingredients

- 2 cups celery chopped
- 1 chipotle chilies canned
- 0.3 cup juice of lemon
- 4 servings salt
- 5 pounds tomatoes ripe
- 2 tablespoons worcestershire

### Equipment

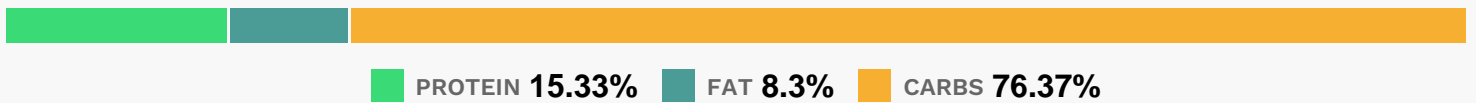
- food processor

- bowl
- sieve
- blender
- cheesecloth

## Directions

- Rinse, core, and quarter tomatoes.
- Rinse chilies; discard seeds and veins.
- In batches, smoothly pure tomatoes, celery, and chilies to taste in a blender or food processor. As batches are pured, rub mixture through a fine strainer into a bowl.
- Add lemon juice, Worcestershire, and salt to taste.
- Line a large strainer with 1 layer of cheesecloth or a muslin towel. Set strainer over a large bowl and pour tomato mixture, a portion at a time, into cloth.
- Let drain, stirring occasionally.
- Transfer the juice to another container if it reaches the strainer bottom. Draw edges of cloth together and twist to extract as much moisture as possible.
- Cover and chill liquid. Stir before serving. Refrigerate up to 3 days. To store longer, freeze in ice cube trays, then release cubes and store in a plastic freezer bag in the freezer up to 1 year.
- Nutritional analysis per cup.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:6.02, Inflammation Score:-10, Nutrition Score:24.798695600551%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 4.14mg, Naringenin: 4.14mg, Naringenin: 4.14mg, Naringenin: 4.14mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg

0.74mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

## Nutrients (% of daily need)

Calories: 125.9kcal (6.3%), Fat: 1.34g (2.07%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 19.64g (7.14%), Sugar: 17.68g (19.64%), Cholesterol: 0mg (0%), Sodium: 374.75mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Vitamin C: 88.22mg (106.93%), Vitamin A: 4957.71IU (99.15%), Vitamin K: 59.67µg (56.83%), Potassium: 1564.05mg (44.69%), Manganese: 0.7mg (35.07%), Fiber: 8.17g (32.69%), Folate: 107.98µg (26.99%), Vitamin B6: 0.5mg (25.02%), Vitamin E: 3.24mg (21.57%), Copper: 0.37mg (18.63%), Vitamin B3: 3.61mg (18.04%), Magnesium: 70.25mg (17.56%), Phosphorus: 154.92mg (15.49%), Vitamin B1: 0.23mg (15.41%), Iron: 2.1mg (11.67%), Vitamin B2: 0.15mg (8.86%), Calcium: 87.33mg (8.73%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.66mg (6.55%)