



## Dried Chile Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 anaheim chili dried
- 3 servings cilantro leaves fresh
- 2 tablespoons cilantro leaves fresh chopped
- 6 garlic clove minced
- 1 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 large onion chopped
- 2 pounds roma tomatoes halved

1 teaspoon salt

## Equipment

food processor

sauce pan

oven

roasting pan

## Directions

Remove seeds from peppers.

Place peppers in a saucepan with boiling water to cover; let stand 30 minutes.

Drain. Peel and coarsely chop peppers.

Bake tomato halves in a roasting pan coated with cooking spray at 450 for 20 minutes or until blackened.

Saut garlic and onion in hot oil 3 minutes or until tender.

Pulse chopped pepper, tomato halves, onion mixture, salt, and cumin in a food processor until chunky; stir in cilantro.

Garnish, if desired.

## Nutrition Facts



**PROTEIN 9.34%** **FAT 31.1%** **CARBS 59.56%**

## Properties

Glycemic Index:54.67, Glycemic Load:4.69, Inflammation Score:-9, Nutrition Score:15.388260888017%

## Flavonoids

Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

## Nutrients (% of daily need)

Calories: 147.37kcal (7.37%), Fat: 5.5g (8.46%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 16.56g (6.02%), Sugar: 12.64g (14.04%), Cholesterol: 0mg (0%), Sodium: 1043.32mg (45.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin C: 56.11mg (68.01%), Vitamin A: 2553.7IU (51.07%), Fiber: 7.15g (28.6%), Vitamin K: 28.17µg (26.83%), Manganese: 0.54mg (26.77%), Potassium: 827.77mg (23.65%), Vitamin B6: 0.38mg (18.99%), Vitamin E: 2.35mg (15.67%), Folate: 55.33µg (13.83%), Copper: 0.22mg (11.15%), Magnesium: 42.32mg (10.58%), Vitamin B1: 0.15mg (10.09%), Phosphorus: 99.76mg (9.98%), Vitamin B3: 1.93mg (9.65%), Iron: 1.51mg (8.36%), Calcium: 59.58mg (5.96%), Vitamin B2: 0.08mg (4.73%), Zinc: 0.7mg (4.7%), Vitamin B5: 0.37mg (3.68%), Selenium: 1.14µg (1.63%)