



Dried Chile Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon apple cider vinegar ()
- 4 garlic clove unpeeled
- 2 ounces guajillo chiles* dried
- 4 servings kosher salt

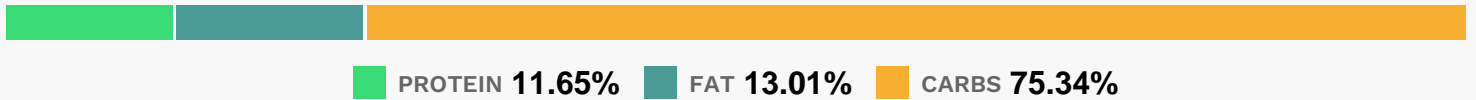
Equipment

- bowl
- frying pan
- blender

Directions

- Toast chiles in a large heavy skillet over medium heat until slightly puffed and lightly darkened on both sides, about 2 minutes.
- Remove from pan; let cool.
- Add garlic to same skillet; cook, turning often, until skins brown in spots and cloves are soft, 10–15 minutes.
- Remove from pan.
- Let cool; peel.
- Stem chiles and halve lengthwise; discard seeds.
- Cut into pieces; transfer to a medium bowl. Cover with boiling water; let soak, mixing often, until softened, 25–30 minutes.
- Drain chiles, reserving soaking liquid.
- Transfer chiles, garlic, 1/2 cup soaking liquid, and 1 tablespoon vinegar to blender. Purée, adding soaking liquid as needed, until a smooth, thick sauce forms. Season with salt and more vinegar, if desired. DO AHEAD: Salsa can be made 1 week ahead. Cover; chill.

Nutrition Facts



Properties

Glycemic Index: 17.5, Glycemic Load: 0.29, Inflammation Score: -9, Nutrition Score: 7.7499999326208%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 51.18kcal (2.56%), Fat: 0.84g (1.29%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 6.8g (2.47%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 207.39mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin A: 3754.88IU (75.1%), Fiber: 4.13g (16.52%), Vitamin K: 15.39µg (14.66%), Vitamin B2: 0.17mg (10.24%), Manganese: 0.18mg (8.82%), Potassium: 279.88mg (8%), Vitamin B6: 0.15mg (7.6%), Vitamin C: 5.39mg (6.53%), Vitamin B3: 1.25mg (6.25%), Iron: 0.92mg (5.09%),

Magnesium: 13.42mg (3.35%), Vitamin E: 0.45mg (2.98%), Phosphorus: 27.43mg (2.74%), Copper: 0.04mg (2.09%), Folate: 7.32µg (1.83%), Vitamin B5: 0.15mg (1.53%), Selenium: 0.93µg (1.32%), Calcium: 12.19mg (1.22%), Zinc: 0.18mg (1.21%), Vitamin B1: 0.02mg (1.17%)