



WHATSheATE



Dried Chile Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 ounces ancho chili pepper



1.5 ounces chilies dried



4 garlic clove peeled



1 tablespoon kosher salt



0.3 cup vinegar white



1 medium onion white chopped

Equipment



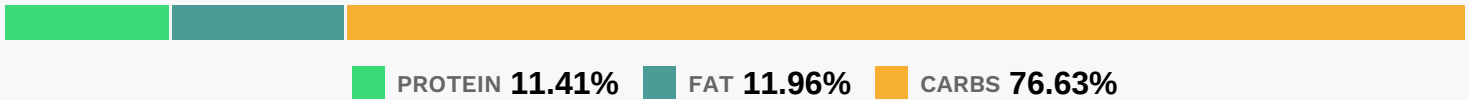
bowl

- ☐ frying pan
- ☐ blender

Directions

- ☐ Toast chiles in a dry medium skillet overhigh heat, turning often, until fragrant, about3 minutes.
- ☐ Let cool slightly, then removestems and seeds.
- ☐ Place chiles, onion, garlic,salt, and 1 1/2 cups water in a mediumsaucepan. Bring to a boil. Reduce heat andsimmer until very soft, 15–20 minutes. Puréechile mixture in a blender until smooth.Strain into a medium bowl and mix in vinegar.
- ☐ DO AHEAD: Salsa can be made 4 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:6.0565217940704%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 44.09kcal (2.2%), Fat: 0.64g (0.98%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 5.9g (2.14%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 882.75mg (38.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin A: 2816.37IU (56.33%), Fiber: 3.32g (13.27%), Vitamin K: 11.58µg (11.03%), Vitamin B2: 0.13mg (7.85%), Manganese: 0.14mg (6.91%), Potassium: 225.28mg (6.44%), Vitamin B6: 0.12mg (6.06%), Vitamin C: 4.82mg (5.85%), Vitamin B3: 0.95mg (4.74%), Iron: 0.71mg (3.93%), Magnesium: 11.23mg (2.81%), Phosphorus: 23.61mg (2.36%), Vitamin E: 0.34mg (2.25%), Folate: 8.08µg (2.02%), Copper: 0.04mg (1.77%), Vitamin B5: 0.13mg (1.27%), Vitamin B1: 0.02mg (1.2%), Calcium: 11.84mg (1.18%), Zinc: 0.15mg (1.02%), Selenium: 0.71µg (1.01%)