



Four-Alarm Red Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 1 ounce chile arbols dried seeded
- ☐ 3 garlic cloves
- ☐ 1.5 teaspoons ground cumin
- ☐ 3 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatillos chopped (2)

- ☐ 0.5 cup water boiling
- ☐ 1 cup water

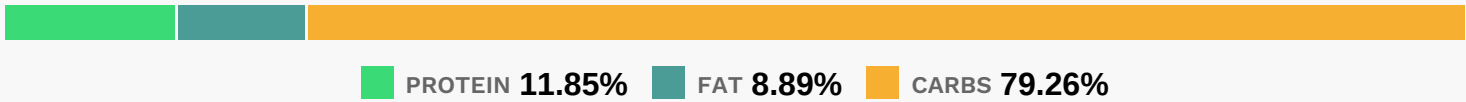
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine chiles and boiling water; let stand 30 minutes.
- ☐ Drain.
- ☐ Combine chiles, onion, and next 6 ingredients (onion through garlic) in a medium saucepan.
- ☐ Place over medium-high heat; bring to a boil. Reduce heat; simmer 20 minutes.
- ☐ Remove from heat; cool 15 minutes.
- ☐ Place onion mixture in a blender or food processor; process until blended (do not overblend).
- ☐ Add tomato sauce; stir well.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:2.7686956654424%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg 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: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 24.67kcal (1.23%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.03g (1.46%), Sugar: 2.69g (2.98%), Cholesterol: 0mg (0%), Sodium: 144.3mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin A: 542.69IU (10.85%), Fiber: 1.45g (5.79%), Vitamin C:

4.45mg (5.39%), Manganese: 0.1mg (5.15%), Vitamin K: 4.42µg (4.21%), Potassium: 138.86mg (3.97%), Vitamin B6: 0.08mg (3.85%), Iron: 0.56mg (3.1%), Vitamin B2: 0.04mg (2.51%), Magnesium: 9.24mg (2.31%), Vitamin E: 0.33mg (2.23%), Folate: 8.8µg (2.2%), Copper: 0.04mg (2.19%), Vitamin B3: 0.43mg (2.15%), Phosphorus: 19.12mg (1.91%), Calcium: 17.44mg (1.74%), Vitamin B1: 0.02mg (1.55%), Vitamin B5: 0.11mg (1.09%)