



Grilled Two-Chili Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 habanero chilies fresh
- ☐ 2 anaheim chilies fresh (6 oz. total)
- ☐ 0.5 pound green onions
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 roma tomatoes

Equipment

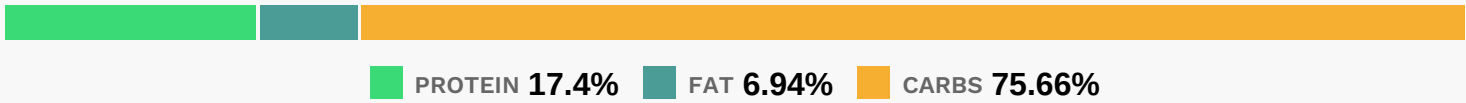
- ☐ food processor
- ☐ blender

☐ grill

Directions

- ☐ Rinse 2 fresh Anaheim chilies (about 6 oz. total) and 2 fresh habanero chilies (1/2 oz. total). Wearing kitchen gloves, cut chilies in half lengthwise; remove and discard seeds, veins, and stems. Rinse 1/2 pound green onions and trim ends. Rinse 4 Roma tomatoes (about 14 oz. total), and cut in half.
- ☐ Lay vegetables on a lightly oiled barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold hand at grill level only 2 to 3 seconds); close lid on gas grill. Turn as needed until lightly browned, about 3 minutes for green onions and habaneros, about 8 minutes for tomatoes, and 12 to 15 minutes for Anaheims.
- ☐ Remove from grill as cooked. When vegetables are cool, coarsely chop them. In blender or food processor, combine chopped vegetables, any juices, and 1 tablespoon red wine vinegar; whirl until smooth.
- ☐ Add salt to taste. If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:11.121304151805%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 32.01kcal (1.6%), Fat: 0.29g (0.44%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 5.1g (1.86%), Sugar: 3.56g (3.95%), Cholesterol: 0mg (0%), Sodium: 11.01mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin K: 85.71µg (81.63%), Vitamin C: 55.89mg (67.75%), Vitamin A: 1006.77IU (20.14%), Vitamin B6: 0.21mg (10.4%), Folate: 37.29µg (9.32%), Potassium: 299.86mg (8.57%), Manganese: 0.16mg (8.24%), Fiber: 1.93g (7.72%), Iron: 0.99mg (5.51%), Magnesium: 19.11mg (4.78%), Copper: 0.09mg (4.74%), Vitamin E: 0.64mg (4.25%), Vitamin B3: 0.82mg (4.09%), Vitamin B1: 0.06mg (3.85%), Vitamin B2: 0.06mg (3.76%), Phosphorus: 37.01mg (3.7%), Calcium: 35.7mg (3.57%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.13mg (1.25%)