



Guajillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 4 cloves garlic peeled
- 24 guajillo chiles stemmed deveined seeded
- 4 servings salt and pepper black freshly ground
- 2 tablespoons vegetable oil
- 1 vine ripened tomato boiled peeled seeded
- 0.5 medium onion white peeled

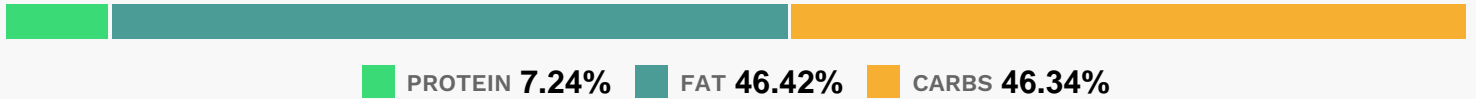
Equipment

- frying pan
- sauce pan
- blender

Directions

- In a large saucepan over medium-high heat, place 4 cups water, the guajillo chilies, garlic cloves and white onion and bring to a boil. Reduce the heat to simmer until the chiles are soft and tender, about 25 minutes.
- Transfer the boiled vegetables, the tomato and 2 cups of the boiling liquid to a large blender and set aside to cool before blending. Process until smooth. Season with 1 teaspoon salt and a pinch of black pepper. In a medium, heavy saucepan, heat the vegetable oil over medium heat. Strain the pureed guajillo salsa into the pan.
- Add the bay leaf and simmer until thickened, about 10 minutes. Taste for seasoning, adding additional salt and pepper as desired. Reserve for enchiladas and pork. Cook's Note: For ease of preparation, you can use 2 store-bought, canned whole tomatoes, seeded, in place of 1 fresh, boiled tomato.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:12.78304341565%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 143.99kcal (7.2%), Fat: 8.12g (12.49%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 11.5g (4.18%), Sugar: 10.05g (11.16%), Cholesterol: 0mg (0%), Sodium: 21.73mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin A: 5821.27IU (116.43%), Vitamin K: 37.93µg (36.12%), Fiber: 6.72g (26.9%), Vitamin B2: 0.27mg (15.66%), Vitamin C: 12.77mg (15.48%), Manganese: 0.29mg (14.51%), Potassium: 499.14mg (14.26%), Vitamin B6: 0.25mg (12.46%), Vitamin B3: 2.04mg (10.21%), Vitamin E: 1.39mg (9.25%), Iron: 1.45mg (8.07%), Magnesium: 24.19mg (6.05%), Phosphorus: 49.53mg (4.95%), Folate: 18.09µg

(4.52%), Copper: 0.08mg (4.09%), Vitamin B1: 0.04mg (2.72%), Vitamin B5: 0.26mg (2.64%), Zinc: 0.33mg (2.18%), Calcium: 21.77mg (2.18%), Selenium: 1.24µg (1.76%)