



Guajillo-Tamarind Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 1 cup lightly cilantro fresh packed rinsed
- ☐ 2 oz garlic
- ☐ 1 teaspoon fresh-ground pepper
- ☐ 8 guajillo chiles dried stemmed (2 oz. total; see notes)
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tamarind concentrate (see notes)

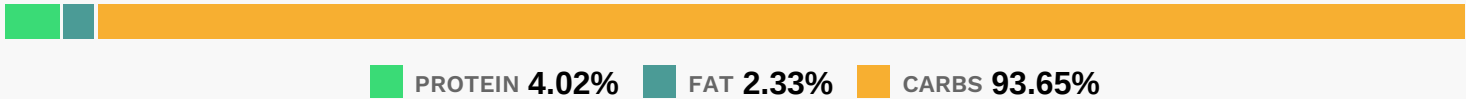
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Cut top 1/2 inch off garlic; wrap loosely in foil.
- ☐ Bake in a 350 oven until soft when pressed, about 45 minutes.
- ☐ Let cool, then squeeze garlic from skins into a 3- to 4-quart pan (discard skins).
- ☐ Add chiles, tamarind concentrate, cilantro, 1 cup water, honey, lime juice, pepper, and salt to pan. Bring to a boil over medium-high heat, stirring often; remove from heat and let stand 10 minutes.
- ☐ Pour into a blender or food processor and whirl until smooth.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:12.6, Inflammation Score:-6, Nutrition Score:4.4156521351441%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 107.21kcal (5.36%), Fat: 0.31g (0.47%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 26.08g (9.48%), Sugar: 21.96g (24.4%), Cholesterol: 0mg (0%), Sodium: 153.8mg (6.69%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin A: 1070.08IU (21.4%), Manganese: 0.21mg (10.32%), Vitamin K: 10.77µg (10.26%), Vitamin C: 6.49mg (7.86%), Fiber: 1.73g (6.91%), Vitamin B6: 0.13mg (6.64%), Potassium: 174.61mg (4.99%), Vitamin B2: 0.07mg (4.37%), Iron: 0.7mg (3.88%), Vitamin B1: 0.05mg (3.51%), Magnesium: 13.73mg (3.43%), Phosphorus: 28.14mg (2.81%), Vitamin B3: 0.56mg (2.8%), Copper: 0.05mg (2.66%), Calcium: 24.82mg (2.48%), Selenium: 1.43µg (2.05%), Folate: 5.51µg (1.38%), Zinc: 0.19mg (1.28%), Vitamin E: 0.19mg (1.28%), Vitamin B5: 0.13mg (1.25%)