



Harissa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 5.5 teaspoons cayenne
- ☐ 2 ounces california chilies dried
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon paprika
- ☐ 0.1 teaspoon pepper

☐ 1 teaspoon salt

Equipment

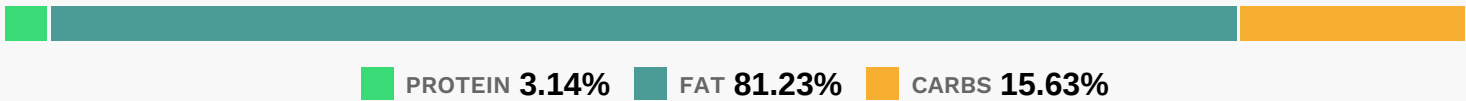
☐ food processor

☐ blender

Directions

- ☐ Snap off and discard stems of 2 ounces dried ancho or California chilies (see notes). Shake out and discard seeds. Rinse chilies and cut or break into about 1/2-inch pieces. Soak in 1 cup hot water until soft, about 20 minutes. Lift chilies out (reserving soaking water) and transfer to a blender or food processor.
- ☐ Add 1/3 cup of the reserved water, 3 tablespoons each lemon juice and olive oil, 1 tablespoon paprika, 1 1/2 teaspoons cayenne, 1 teaspoon ground coriander, 1 teaspoon salt, 1/2 teaspoon ground cumin, and 1/8 teaspoon pepper; whirl until smooth. If thicker than desired, blend in 2 to 3 more tablespoons reserved water.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:7.1930434677912%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 117.23kcal (5.86%), Fat: 11.44g (17.59%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.51g (1.67%), Cholesterol: 0mg (0%), Sodium: 585.59mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin A: 2145.36IU (42.91%), Vitamin C: 26.96mg (32.68%), Vitamin E: 2.97mg (19.77%), Vitamin K: 12.03µg (11.46%), Vitamin B6: 0.18mg (9.15%), Fiber: 1.86g (7.43%), Manganese: 0.14mg (6.9%), Iron: 1.06mg (5.87%), Potassium: 164.38mg (4.7%), Vitamin B2: 0.06mg (3.71%), Magnesium: 13.92mg (3.48%), Vitamin B3: 0.62mg (3.12%), Copper: 0.05mg (2.56%), Phosphorus: 23.94mg

(2.39%), Folate: 9.32μg (2.33%), Vitamin B1: 0.03mg (2.04%), Calcium: 17.35mg (1.74%), Zinc: 0.22mg (1.49%)