



Jalapeño-Garlic Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



133 kcal

SAUCE

Ingredients

- ☐ 2 cups cilantro leaves chopped
- ☐ 20 garlic cloves unpeeled
- ☐ 12 medium jalapeños
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 40 servings salt
- ☐ 1 pinch sugar
- ☐ 40 servings vegetable oil for brushing

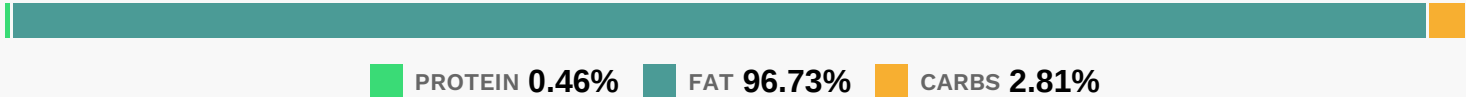
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Brush two 9- or 10-inch cast-iron skillets with oil.
- ☐ Add half of the garlic and jalapeos to each. Cover and cook over low heat, turning the jalapeos occasionally, until they are blistered all over and the garlic is softened, about 15 minutes.
- ☐ Transfer to a plate to cool. Peel the jalapeos and discard the stems, seeds and cores. Peel the garlic cloves.
- ☐ Transfer the jalapeos and garlic to a blender and add the olive oil, lime juice and cilantro. Blend until smooth. Scrape the sauce into a bowl, stir in the sugar and season with salt.
- ☐ Transfer the sauce to jars and refrigerate.
- ☐ Make Ahead: The sauce can be refrigerated for 1 month.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:2.4313042954258%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 132.65kcal (6.63%), Fat: 14.57g (22.41%), Saturated Fat: 2.22g (13.84%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.25g (0.27%), Cholesterol: 0mg (0%), Sodium: 194.58mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.31%), Vitamin K: 29.36µg (27.96%), Vitamin E: 1.4mg (9.32%), Vitamin C: 6.12mg (7.42%), Vitamin A: 100.15IU (2%), Vitamin B6: 0.04mg (1.9%), Manganese: 0.03mg

(1.67%)