



## Mexican Chile Marinade and Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



56 kcal

SEASONING

MARINADE

### Ingredients

- 2 ancho chili pepper dried
- 5 chilies dried (also called pasilla negro)
- 2 tablespoons apple cider vinegar
- 2 medium garlic clove peeled
- 5 guajillo chiles\* dried
- 2 teaspoons kosher salt as needed plus more
- 2 tablespoons juice of lime freshly squeezed (from 1 medium lime)
- 0.5 teaspoon oregano dried

- 1.5 pound pineapple fresh peeled finely chopped ( 10 ounces pineapple meat)
- 1 cup onion white finely chopped ( 1 small)
- 1 teaspoon cumin seeds whole

## Equipment

- frying pan
- paper towels
- sauce pan
- sieve
- blender
- cutting board

## Directions

- Place the cumin seeds in a medium frying pan or cast iron pan and toast over medium heat, shaking the pan often, until fragrant, about 2 to 3 minutes.
- Transfer to a spice grinder and let cool slightly. Set the pan aside.
- Add the cloves and oregano to the spice grinder and process to a fine powder; transfer the spice mixture to a blender and set aside. Rinse the chiles under cold running water, then dry well with paper towels.
- Place the chiles in the pan used to toast the cumin and roast over medium heat, turning occasionally, until fragrant, about 3 to 5 minutes.
- Transfer to a cutting board to cool. Wearing rubber gloves, cut the chiles in half lengthwise and discard the seeds and stems.
- Place the chiles in a medium saucepan, cover with water, and bring to a boil. Reduce the heat to medium low and simmer until softened, about 5 minutes.
- Remove from heat. Set aside 1/2 cup of the chile cooking liquid and let cool.
- Let the chiles sit in the saucepan of hot liquid for 5 minutes more.
- Drain the chiles and let cool.
- Add the pineapple, onion, garlic, vinegar, lime juice, measured salt, cooled chiles, and cooled chile liquid to the blender and blend on high to a smooth purée. Use as a marinade for beef, pork, or chicken. Marinate the meat at least 4 hours or up to overnight (ideally overnight). If

you choose, strain the marinade through a fine-mesh strainer set over a small saucepan; discard the solids. Bring to a boil, season to taste with salt, and slather on the cooked meat just before serving.

## Nutrition Facts

PROTEIN 7.78% FAT 7.42% CARBS 84.8%

### Properties

Glycemic Index:12.74, Glycemic Load:3.9, Inflammation Score:-8, Nutrition Score:7.5669565822767%

### Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

### Nutrients (% of daily need)

Calories: 56.05kcal (2.8%), Fat: 0.52g (0.8%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 10.34g (3.76%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 365.6mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin A: 1868.84IU (37.38%), Vitamin C: 28.95mg (35.09%), Manganese: 0.58mg (29.08%), Fiber: 3g (11.99%), Vitamin K: 8.41µg (8.01%), Vitamin B6: 0.14mg (6.88%), Vitamin B2: 0.11mg (6.19%), Potassium: 214.51mg (6.13%), Vitamin B3: 0.89mg (4.47%), Iron: 0.74mg (4.13%), Copper: 0.08mg (4.12%), Folate: 15.73µg (3.93%), Magnesium: 14.8mg (3.7%), Vitamin B1: 0.06mg (3.68%), Phosphorus: 20.86mg (2.09%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.25mg (1.7%), Calcium: 16.95mg (1.7%), Zinc: 0.17mg (1.15%)