



Mexican Molcajete Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



12 kcal

SAUCE

Ingredients

- ☐ 1 garlic clove peeled
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 small onion peeled
- ☐ 2 plum tomatoes
- ☐ 3 serrano chiles

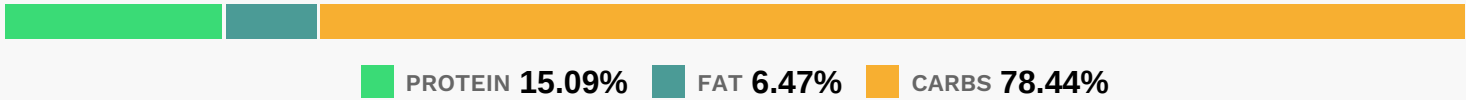
Equipment

- ☐ frying pan

Directions

- ☐ Cut onion half into quarters.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add onion, chiles, tomatoes, and garlic; cook 5 minutes or until blackened, turning frequently. Cool.
- ☐ Trim root from onion wedges; discard root. Core tomatoes. Finely mince onion, chiles, and tomatoes together until mixture is almost pastelike.
- ☐ Sprinkle with salt; stir well.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:1.9008695813625%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 11.64kcal (0.58%), Fat: 0.09g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 147.82mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 7.15mg (8.67%), Vitamin A: 300.64IU (6.01%), Manganese: 0.07mg (3.4%), Vitamin B6: 0.07mg (3.37%), Potassium: 103.01mg (2.94%), Vitamin K: 3.03µg (2.88%), Fiber: 0.7g (2.81%), Folate: 7.37µg (1.84%), Copper: 0.03mg (1.49%), Magnesium: 5.47mg (1.37%), Vitamin E: 0.2mg (1.34%), Vitamin B3: 0.27mg (1.34%), Vitamin B1: 0.02mg (1.3%), Phosphorus: 12.93mg (1.29%)