



Mojo de Ajo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup bottled garlic minced
- ☐ 3 guajillo chiles whole
- ☐ 5 tablespoons juice of lime fresh
- ☐ 0.8 cup olive oil
- ☐ 1.5 teaspoons salt

Equipment

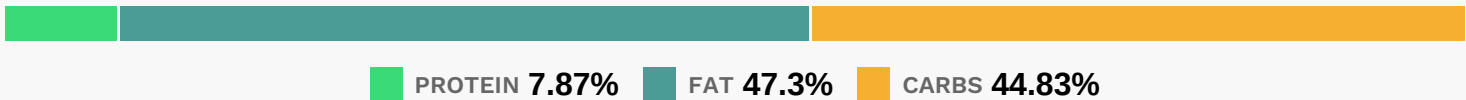
- ☐ food processor
- ☐ paper towels

- ☐ sauce pan
- ☐ tongs

Directions

- ☐ Heat oil in a 2-qt. saucepan over medium heat to 35
- ☐ Using tongs, submerge 1 chile into oil, and cook 5 seconds; remove and drain on paper towels.
- ☐ Let cool 5 minutes or until completely cool. Repeat with remaining 2 chiles.
- ☐ Remove and discard stems. Process remaining portion of chiles in food processor 30 seconds to 1 minute or until crumbled into small flakes.
- ☐ Cook garlic in hot oil in same saucepan over medium heat, stirring occasionally, 3 to 4 minutes or until golden.
- ☐ Let stand 5 minutes.
- ☐ Stir in chile flakes, lime juice, and salt. Store in an airtight container in refrigerator up to 5 days. Allow mixture to come to room temperature before using.
- ☐ *2 Tbsp. sweet paprika may be substituted. Omit Step 1; proceed with recipe as directed, stirring in paprika with lime juice and salt in Step

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:1.65, Inflammation Score:-3, Nutrition Score:3.4939130518747%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 60.36kcal (3.02%), Fat: 3.39g (5.22%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 6.53g (2.38%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 353.01mg (15.35%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Manganese: 0.31mg (15.38%), Vitamin B6: 0.23mg (11.57%), Vitamin C: 8.12mg (9.84%), Vitamin A: 283.47IU (5.67%), Selenium: 2.56µg (3.66%), Vitamin E: 0.53mg (3.53%), Calcium: 33.89mg (3.39%), Vitamin K: 3.43µg (3.27%), Phosphorus: 29.87mg (2.99%), Copper: 0.06mg (2.89%), Potassium: 99.67mg (2.85%), Fiber: 0.7g (2.82%), Vitamin B1: 0.04mg (2.55%), Iron: 0.39mg (2.18%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.22mg (1.49%), Magnesium: 5.97mg (1.49%), Vitamin B5: 0.13mg (1.25%), Vitamin B3: 0.23mg (1.13%)