



Papalote-Inspired Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 chilies dried stemmed halved lengthwise seeded
- 0.3 cup cilantro leaves coarsely chopped
- 1 teaspoon granulated sugar
- 1 tablespoon kosher salt
- 2 teaspoons pasilla peppers dried
- 5 medium roma tomatoes cored halved
- 0.3 cup spring onion finely chopped
- 2 tablespoons pumpkin seeds unsalted hulled

- 1.5 cups water
- 3 tablespoons vinegar white

Equipment

- frying pan
- baking sheet
- oven
- blender
- aluminum foil
- broiler

Directions

- Heat the broiler to high and arrange a rack in the middle. Line a baking sheet with aluminum foil, then place the tomatoes skin-side up on the baking sheet. Broil the tomatoes until the skins are slightly charred.
- Remove from the oven and set aside. Adjust the oven temperature to 350°F.
- Place the roasted tomatoes in a large stainless steel pan over high heat.
- Add the chiles de arbol, pasilla peppers, salt, sugar, and water and stir to combine. Bring to a boil, reduce the heat to low, and simmer, stirring often, until the mixture has reduced slightly and thickened, about 20 minutes. Meanwhile, toast the pumpkin seeds on a baking sheet until just browned, about 10 minutes.
- Remove from the oven and set aside.
- Add the vinegar to the tomato mixture and cook for 1 minute.
- Place the mixture in a blender, add the toasted pumpkin seeds, and blend until smooth.
- Pour the salsa into a container and stir in the scallions and cilantro. Refrigerate until chilled before serving, about 3 hours.

Nutrition Facts



PROTEIN 17.18% FAT 47.18% CARBS 35.64%

Properties

Glycemic Index:77.36, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:10.110434806865%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 92.23kcal (4.61%), Fat: 5.17g (7.95%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 6.11g (2.22%), Sugar: 5.15g (5.72%), Cholesterol: 0mg (0%), Sodium: 2342.23mg (101.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Manganese: 0.61mg (30.6%), Vitamin K: 32.04µg (30.51%), Vitamin A: 1488.24IU (29.76%), Vitamin C: 19.43mg (23.55%), Magnesium: 70.8mg (17.7%), Phosphorus: 147.81mg (14.78%), Copper: 0.22mg (11.24%), Potassium: 390.27mg (11.15%), Fiber: 2.67g (10.68%), Iron: 1.36mg (7.55%), Folate: 28.46µg (7.11%), Zinc: 1.01mg (6.73%), Vitamin B3: 1.27mg (6.35%), Vitamin B6: 0.12mg (6.02%), Vitamin E: 0.76mg (5.05%), Vitamin B2: 0.06mg (3.79%), Vitamin B1: 0.05mg (3.59%), Calcium: 29.39mg (2.94%), Vitamin B5: 0.18mg (1.81%), Selenium: 1.14µg (1.63%)