

Red Chile Paste

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- 4 ancho chiles dried
- 3 cups chicken stock see
- 4 new mexico chiles dried
- 3 cloves garlic minced
- 0.5 onion diced white

Equipment

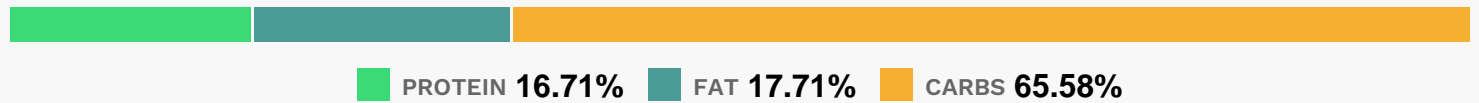
- sauce pan
- knife

- pot
- blender
- kitchen towels

Directions

- Make a slit in each of the ancho chiles and New Mexico chiles with a sharp knife, and remove the seeds and stem.
- Place the chiles in a large saucepan, and add the chicken stock, onion, and garlic. Bring the mixture to a boil over high heat, then reduce heat to medium, and simmer until the chiles have softened, about 15 minutes.
- Pour the chile mixture into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the chile mixture right in the cooking pot.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:23.40086964939%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 205.05kcal (10.25%), Fat: 4.42g (6.79%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 25.8g (9.38%), Sugar: 20.21g (22.45%), Cholesterol: 5.4mg (1.8%), Sodium: 294.23mg (12.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Vitamin A: 9705.08IU (194.1%), Vitamin C: 77.73mg (94.22%), Fiber: 11g (44%), Vitamin K: 44.62µg (42.5%), Vitamin B2: 0.62mg (36.45%), Vitamin B6: 0.67mg (33.27%), Vitamin B3: 6.47mg (32.35%), Potassium: 1017.5mg (29.07%), Manganese: 0.43mg (21.34%), Iron: 3.02mg (16.79%), Phosphorus: 131.03mg (13.1%), Magnesium: 50.29mg (12.57%), Copper: 0.25mg (12.36%), Folate: 39.88µg (9.97%), Vitamin E: 1.47mg (9.79%), Vitamin B1: 0.13mg (8.97%), Selenium: 5.8µg (8.28%), Zinc: 0.78mg (5.17%), Vitamin B5: 0.46mg (4.55%), Calcium: 34.69mg (3.47%)