

## Red Chile Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



19 kcal

SAUCE

## Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1.3 ounces pepper flakes dried red
- ☐ 2 cups fat-skimmed beef broth fat-free divided
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 0.8 teaspoon salt

☐ 2 cups water

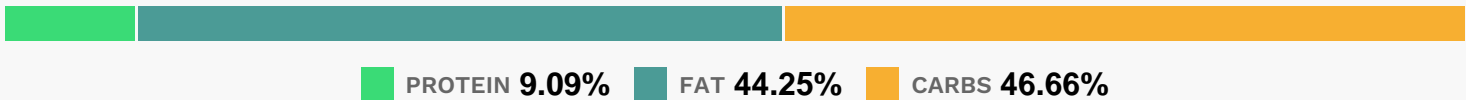
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

## Directions

- ☐ Remove stems and seeds from chiles; coarsely chop.
- ☐ Place chiles in a spice or coffee grinder; process until finely ground to measure 1/4 cup.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion and garlic to pan; cook 3 minutes or until onion is tender, stirring frequently.
- ☐ Add ground chiles; stir well. Stir in 1 cup chicken broth.
- ☐ Add the remaining 1 cup chicken broth, 2 cups water, dried oregano, and salt; bring to a boil. Reduce heat, and simmer until reduced to 3 cups (about 20 minutes), stirring occasionally.
- ☐ Sprinkle masa harina over chile mixture; stir well. Bring to a boil. Cook for 1 minute or until slightly thick; remove from heat.
- ☐ Let stand 10 minutes.
- ☐ Place half of the chile mixture in a blender.
- ☐ Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth.
- ☐ Pour into a large bowl. Repeat procedure with the remaining chile mixture.

## Nutrition Facts



## Properties

Glycemic Index:6.69, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:1.2695651987325%

## Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 18.93kcal (0.95%), Fat: 0.98g (1.51%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 227.46mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin C: 4.41mg (5.35%), Manganese: 0.04mg (2.11%), Vitamin B6: 0.04mg (2.11%), Vitamin K: 1.78µg (1.69%), Fiber: 0.39g (1.56%), Vitamin B1: 0.02mg (1.38%), Vitamin B3: 0.27mg (1.37%), Folate: 5.26µg (1.31%), Vitamin E: 0.19mg (1.3%), Selenium: 0.86µg (1.22%), Potassium: 42.29mg (1.21%), Copper: 0.02mg (1.1%), Iron: 0.19mg (1.08%), Vitamin B2: 0.02mg (1.06%), Phosphorus: 10.52mg (1.05%)