



## Red Chile Sauce (Chile Colorado)

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



44 kcal

SAUCE

### Ingredients

- 1.5 teaspoons ground cumin
- 1 ounce guajillo chiles\* dried whole
- 2 teaspoons sherry vinegar to taste
- 3 garlic clove minced
- 3 tablespoons onion white finely chopped
- 1 tablespoon kosher salt to taste
- 0.8 teaspoon oregano dried crumbled
- 2 tablespoons vegetable oil

- 4 cups water
- 2 ounces pepper flakes dried whole
- 1 tablespoon flour all-purpose
- 1 teaspoon sugar to taste

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- blender

## Directions

- Rinse chiles and split open, discarding stems, seeds, and ribs.
- Heat a well-seasoned cast-iron skillet over moderate heat, then toast chiles, skin sides up, in batches, about 30 seconds (be careful not to burn them, or sauce will be bitter).
- Transfer chiles as toasted to a heatproof bowl and pour boiling water over them. Cover bowl and soak chiles, stirring occasionally, until softened, about 15 minutes.
- Purée chiles with three fourths of soaking liquid, reserving remainder, in a blender until smooth (use caution when blending hot liquids).
- Pour purée through a coarse sieve into a bowl, pressing on solids, and discard solids.
- Whisk reserved soaking liquid into chile mixture.
- Cook onion, garlic, cumin, and oregano in oil in a large heavy saucepan over moderately low heat, stirring, 2 minutes.
- Add flour and
- cook, stirring, 2 minutes.
- Whisk in chile mixture and simmer, partially covered, whisking occasionally, until reduced to about 2 1/2 cups, about 30 minutes. Season with salt, vinegar, and sugar.
- Sauce may be made 1 week ahead, then cooled completely and chilled, covered.

# Nutrition Facts

PROTEIN 5.5% FAT 57.89% CARBS 36.61%

## Properties

Glycemic Index:25.71, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:3.1426086866337%

## Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 44.02kcal (2.2%), Fat: 3g (4.61%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.01g (2.24%), Cholesterol: 0mg (0%), Sodium: 706.38mg (30.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin A: 811.4IU (16.23%), Vitamin C: 9.57mg (11.6%), Vitamin K: 9.84µg (9.37%), Fiber: 1.08g (4.34%), Manganese: 0.08mg (3.88%), Vitamin B6: 0.07mg (3.48%), Iron: 0.55mg (3.06%), Vitamin B2: 0.05mg (2.73%), Vitamin E: 0.39mg (2.6%), Potassium: 87.86mg (2.51%), Vitamin B3: 0.39mg (1.96%), Copper: 0.04mg (1.9%), Magnesium: 7mg (1.75%), Calcium: 13.02mg (1.3%), Folate: 5.1µg (1.28%), Phosphorus: 11.8mg (1.18%), Vitamin B1: 0.02mg (1.17%)