



Red Chileatole with Fall Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6840 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces ancho chili pepper dried stemmed seeded
- ☐ 3 ears corn fresh
- ☐ 0.5 pound fingerling potatoes cut into 1/2-inch cubes
- ☐ 2 large sprigs parsley fresh (each 12 to 16 inches long)
- ☐ 0.5 pound mushroom caps fresh cut into 1/2-inch slices (4 cups)
- ☐ 3 garlic clove peeled
- ☐ 2 lime cut into wedges
- ☐ 1.5 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal

- ☐ 1 tablespoon olive oil
- ☐ 1.8 teaspoons salt to taste
- ☐ 6 ounces sugar snap peas trimmed halved cut into thirds (2 cups)
- ☐ 48 fluid ounces vegetable stock
- ☐ 1 medium onion white cut into 1/4-inch-thick slices

Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Cut off kernels from 1 ear corn.
- ☐ Cut remaining 2 ears corn (including cob) crosswise into 1-inch pieces.
- ☐ Heat oil in a 4-quart heavy pot over moderate heat until hot but not smoking, then cook chiles, garlic, and onion, stirring occasionally, until onion is pale golden, about 7 minutes.
- ☐ Remove from heat and transfer chile mixture to a bowl with a slotted spoon, pressing mixture against side of pot to leave behind as much oil as possible. Do not clean pot; there will be a thin film of oil remaining.
- ☐ Purée half of chile mixture with 1 cup broth and 2 1/4 teaspoons masa harina in a blender until smooth, then force purée through a medium-mesh sieve with a rubber spatula into a medium bowl.
- ☐ Purée remaining chile mixture, 1 cup broth, and remaining 2 1/4 teaspoons masa harina in same manner, forcing through sieve into same bowl.
- ☐ Heat oil remaining in pot over moderately high heat until hot but not smoking, then cook chile puré, stirring constantly, until it reaches a boil and is slightly thickened.
- ☐ Stir in remaining 4 cups broth and bring to a simmer, stirring occasionally.

- ☐ Stir in corn (kernels and pieces), mushrooms, green beans, potatoes, and epazote and gently simmer, uncovered, stirring occasionally, until beans are tender, 15 to 25 minutes.
- ☐ Thin chileatole with a little more broth or water to attain a light cream soup consistency, then stir in salt.

Nutrition Facts



Properties

Glycemic Index:46.96, Glycemic Load:7.79, Inflammation Score:-10, Nutrition Score:19.222173929214%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 196.46kcal (9.82%), Fat: 4.21g (6.48%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 30.52g (11.1%), Sugar: 14.15g (15.72%), Cholesterol: 0mg (0%), Sodium: 1652.75mg (71.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin A: 4696.65IU (93.93%), Vitamin C: 40.73mg (49.37%), Fiber: 8.62g (34.49%), Vitamin K: 30.38µg (28.94%), Vitamin B6: 0.49mg (24.33%), Manganese: 0.47mg (23.38%), Potassium: 781.46mg (22.33%), Vitamin B3: 4.39mg (21.94%), Vitamin B2: 0.34mg (20.23%), Phosphorus: 158.67mg (15.87%), Folate: 60.04µg (15.01%), Magnesium: 58.24mg (14.56%), Vitamin B5: 1.44mg (14.36%), Vitamin B1: 0.22mg (14.33%), Iron: 2.55mg (14.19%), Copper: 0.21mg (10.26%), Zinc: 1.05mg (7%), Vitamin E: 0.98mg (6.56%), Selenium: 3.98µg (5.68%), Calcium: 43.37mg (4.34%), Vitamin D: 0.15µg (1.01%)