



## Red Chili Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



3 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 ancho chilies dried (sometimes mislabeled pasilla)
- ☐ 1 clove garlic peeled
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon oregano dried
- ☐ 18 servings salt

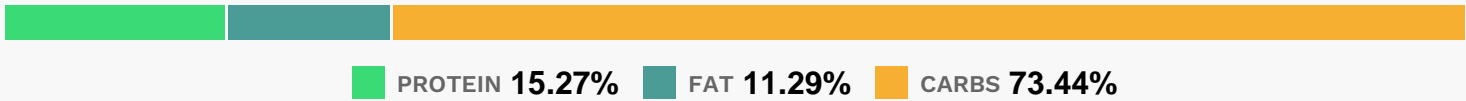
## Equipment

- ☐ frying pan
- ☐ blender
- ☐ kitchen scissors

## Directions

- ☐ Rinse chilies. Snap off and discard stems; shake out most of the seeds. With scissors, working over a 1- to 2-quart pan, cut chilies into 1-inch pieces; drop into pan.
- ☐ Add 1/2 cup water, garlic, cumin, oregano, cinnamon, and cloves. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, until chilies are soft, 10 to 15 minutes.
- ☐ Pour chili mixture into a blender and whirl until smooth. If you have less than 1/2 cup, add water to make that amount.
- ☐ Add salt to taste.
- ☐ Let cool at least 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.80434780827035%

## Nutrients (% of daily need)

Calories: 2.68kcal (0.13%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 194.42mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin C: 7.24mg (8.78%), Vitamin B6: 0.03mg (1.41%), Manganese: 0.03mg (1.4%), Vitamin K: 1.08µg (1.02%)