



## Red-Ribbon Roasted Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 10 chipotle peppers dried
- ☐ 2 cloves garlic to taste
- ☐ 1 pinch ground pepper black to taste
- ☐ 1 juice of lime juiced to taste
- ☐ 12 roma tomatoes plum
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons vinegar white
- ☐ 0.3 onion yellow coarsely chopped

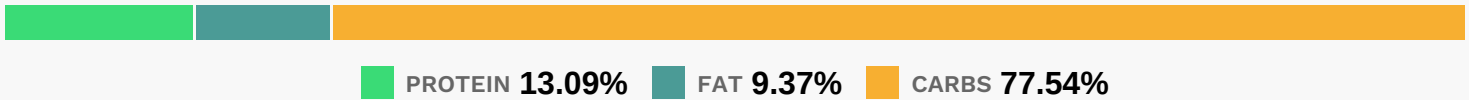
## Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ grill

## Directions

- ☐ Fill a saucepan with water, stir in dried chipotle peppers, and bring to a boil. Reduce heat to low and simmer until peppers are soft, about 30 minutes.
- ☐ Drain and let cool. When peppers are cool, remove stems, cut open peppers, and remove seeds. Set peppers aside.
- ☐ Preheat an outdoor grill for high heat and lightly oil the grate.
- ☐ Grill tomatoes on hot grate until skin blackens and begins to peel, turning tomatoes often to blacken all sides, about 10 minutes. Set grilled tomatoes aside to cool.
- ☐ Place grilled tomatoes, chipotle peppers, yellow onion, white vinegar, salt, black pepper, and lime juice into a food processor; pulse a few times, then process until almost pureed.
- ☐ Refrigerate until flavors have blended, at least 2 hours to overnight.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:2.8882608938476%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 33.14kcal (1.66%), Fat: 0.38g (0.59%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 4.62g (1.68%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 395.98mg (17.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin C: 9.57mg (11.6%), Vitamin A: 517.85IU (10.36%), Fiber: 2.47g (9.89%), Vitamin K: 4.94µg (4.71%), Potassium: 155.46mg (4.44%), Manganese: 0.09mg (4.3%), Vitamin B6: 0.06mg (2.98%), Folate: 10µg (2.5%), Vitamin E: 0.34mg (2.27%), Copper: 0.04mg (2.01%), Vitamin B3: 0.38mg (1.89%), Magnesium: 7.43mg (1.86%), Vitamin B1: 0.03mg (1.71%), Phosphorus: 16.78mg (1.68%), Iron: 0.19mg (1.04%)