



Red-Ribbon Roasted Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 chipotle peppers dried
- ☐ 2 cloves garlic to taste
- ☐ 12 roma tomatoes (plum)
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons vinegar white
- ☐ 0.3 onion yellow coarsely chopped

Equipment

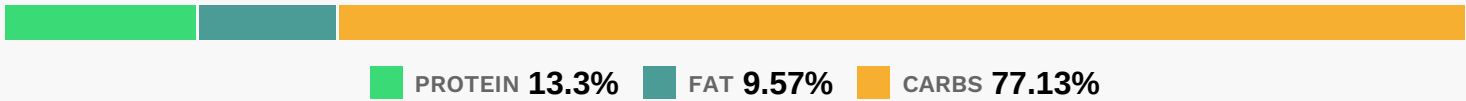
- ☐ food processor

- ☐ 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:12.08, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:2.8169564870389%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 32.49kcal (1.62%), Fat: 0.38g (0.58%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 4.42g (1.61%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 395.93mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin C: 8.82mg (10.69%), Vitamin A: 516.55IU (10.33%), Fiber: 2.46g (9.84%), Vitamin K: 4.92µg (4.68%), Potassium: 152.42mg (4.35%), Manganese: 0.08mg (4.22%), Vitamin B6: 0.06mg (2.93%), Folate: 9.75µg (2.44%), Vitamin E: 0.34mg (2.24%), Copper: 0.04mg (1.97%), Vitamin B3: 0.37mg (1.87%), Magnesium: 7.21mg (1.8%), Vitamin B1: 0.03mg (1.67%), Phosphorus: 16.42mg (1.64%), Iron: 0.18mg (1.03%)