



Roasted Garlic and Chipotle Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 california chilies dried stemmed rinsed seeded coarsely chopped (5 in. long)
- ☐ 2 chipotle chilies dried stemmed (1 in. long)
- ☐ 1 cup cilantro sprigs fresh rinsed
- ☐ 1 corn tortilla (6 in.)
- ☐ 1 head garlic
- ☐ 3 tablespoons juice of lime
- ☐ 0.5 cup onion diced red
- ☐ 3 servings salt

- ☐ 32 oz tomatoes cored stemmed rinsed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Cut garlic in half crosswise and wrap both halves in one piece of foil.
- ☐ Cut three of the tomatoes in half crosswise and place, cut side up, on a 12- by 15-inch baking sheet.
- ☐ Bake garlic and tomatoes in a 400 regular or convection oven until garlic is soft when squeezed (unwrap to test) and tomatoes are shriveled, about 45 minutes. Dice remaining tomato and reserve.
- ☐ Meanwhile, place dried New Mexico and chipotle chilies in a small bowl and add 1 cup boiling water.
- ☐ Let stand until chilies are soft, about 10 minutes.
- ☐ In an 8- to 10-inch nonstick frying pan over high heat, cook tortilla, turning once, until crisp and browned on both sides, 3 to 4 minutes total. When cool enough to handle, break into 2-inch pieces.
- ☐ When garlic is cool enough to handle, squeeze cloves from skin into a blender or food processor; discard skin.
- ☐ Add roasted tomatoes, chilies and soaking water, tortilla, cilantro, and lime juice. Whirl until smooth. Stir in onion and reserved diced tomato.
- ☐ Add salt to taste.

Nutrition Facts



 **PROTEIN 14.36%**  **FAT 7.96%**  **CARBS 77.68%**

Properties

Glycemic Index:74.17, Glycemic Load:7.68, Inflammation Score:-10, Nutrition Score:20.613043557043%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 136.23kcal (6.81%), Fat: 1.36g (2.09%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 22.86g (8.31%), Sugar: 13.87g (15.41%), Cholesterol: 0mg (0%), Sodium: 226.28mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.05%), Vitamin C: 116.92mg (141.72%), Vitamin A: 3316.29IU (66.33%), Vitamin K: 47.08µg (44.84%), Manganese: 0.67mg (33.68%), Vitamin B6: 0.65mg (32.5%), Potassium: 999.43mg (28.56%), Fiber: 7.04g (28.17%), Folate: 66.3µg (16.57%), Copper: 0.3mg (15.22%), Phosphorus: 145.81mg (14.58%), Magnesium: 57.45mg (14.36%), Vitamin E: 2.15mg (14.31%), Vitamin B3: 2.66mg (13.31%), Vitamin B1: 0.19mg (12.71%), Iron: 1.71mg (9.5%), Vitamin B2: 0.13mg (7.66%), Calcium: 72.38mg (7.24%), Zinc: 0.94mg (6.25%), Vitamin B5: 0.51mg (5.06%), Selenium: 2.28µg (3.25%)