



Roasted Hatch Chile Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 hatch chiles
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic cloves unpeeled
- 0.8 teaspoon kosher salt
- 2.5 tablespoons juice of lime fresh
- 4 medium shallots peeled
- 1 pound tomatoes

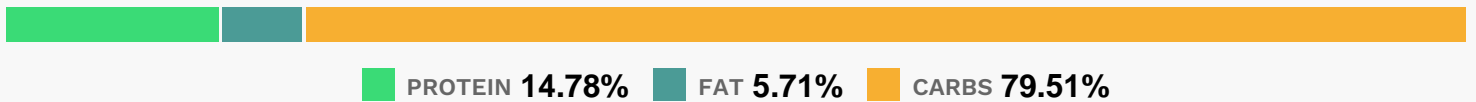
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- broiler

Directions

- Preheat broiler to high.
- Place chiles, tomatoes, shallots, and garlic cloves on a baking sheet. Broil vegetable mixture for 10 minutes or until charred, turning once after 5 minutes.
- Remove chiles from pan.
- Place in a paper bag; fold to close tightly.
- Let stand 15 minutes.
- Remove skins, tops, and seeds from chiles; discard.
- Remove skins from garlic; discard.
- Place chiles, garlic, tomatoes, shallots, cilantro, lime juice, and kosher salt in the bowl of a food processor; pulse 10 times or until mixture is well combined.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:3.5965217688809%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 19.22kcal (0.96%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 149.47mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 23.2mg (28.12%), Vitamin A: 428.43IU (8.57%), Vitamin B6: 0.13mg (6.33%), Manganese: 0.1mg (5.11%), Vitamin K: 4.87µg (4.63%), Potassium: 160.68mg (4.59%), Fiber: 0.92g (3.68%), Folate: 11.47µg (2.87%), Copper: 0.05mg (2.37%), Magnesium: 8.95mg (2.24%), Phosphorus: 20.53mg (2.05%), Vitamin B3: 0.39mg (1.96%), Vitamin B1: 0.03mg (1.96%), Vitamin E: 0.29mg (1.96%), Iron: 0.34mg (1.87%), Vitamin B2: 0.02mg (1.17%), Calcium: 10.37mg (1.04%)