



Roasted Tomato and Three-Chile Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 arbol chiles* dried
- ☐ 10 cascabel chiles dried
- ☐ 1 chipotle chile in adobo sauce canned
- ☐ 5 garlic cloves unpeeled
- ☐ 1.5 tsp kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion

- ☐ 2 medium firm-ripe tomatoes

Equipment

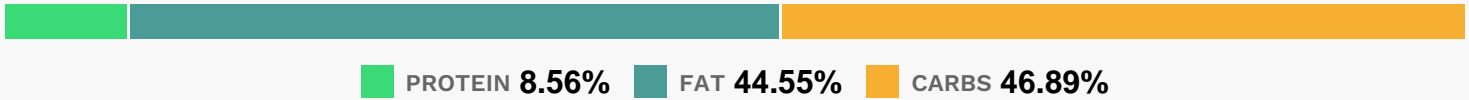
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Preheat broiler and set a rack 3 in. from heating element. Line a large rimmed baking pan with foil and put tomatoes, onion, and garlic in it. Broil the vegetables, turning as needed, until browned in spots all over, 15 to 20 minutes; transfer to a bowl as done.
- ☐ Let cool.
- ☐ Meanwhile, wipe dried chiles clean with a damp cloth. Pull out and discard seeds and stems from cascabels (break chiles open a bit if needed). Turn on fan over stove.
- ☐ Heat olive oil in a large frying pan over medium-high heat, add cascabel and arbol chiles, and cook, turning often with a slotted spoon, until slightly softened and darkened in spots, 1 to 2 minutes.
- ☐ Reserving oil in pan, transfer chiles to a small, deep bowl and pour 2 cups boiling water on top.
- ☐ Let stand until chiles are softened, about 20 minutes. Discard 1 cup liquid.
- ☐ Whirl chiles and remaining liquid with chipotle in a food processor until very smooth.
- ☐ Cut tomatoes and onion into chunks. Peel garlic.
- ☐ Add vegetables to chile pure and pulse until nearly smooth.
- ☐ Reheat oil in pan over medium-high heat.
- ☐ Add chile mixture and bring to a simmer, stirring. Cook, stirring, for about 3 minutes to blend flavors.

- ☐
- Pour salsa into a bowl and let cool. Stir in lemon juice and season to taste with salt.
- ☐
- *Buy in your supermarket's international foods aisle or at a Latino market.
- ☐
- Make ahead: Chill airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:2.1, Inflammation Score:-7, Nutrition Score:8.1373913236286%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 57.43kcal (2.87%), Fat: 3.11g (4.78%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.93g (4.37%), Cholesterol: 0mg (0%), Sodium: 355.37mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin C: 71.22mg (86.32%), Vitamin A: 766.46IU (15.33%), Vitamin B6: 0.29mg (14.26%), Vitamin K: 10.54µg (10.04%), Manganese: 0.16mg (7.85%), Potassium: 239.36mg (6.84%), Fiber: 1.5g (5.98%), Vitamin E: 0.87mg (5.82%), Folate: 17.33µg (4.33%), Copper: 0.08mg (4.17%), Vitamin B3: 0.78mg (3.88%), Magnesium: 15.25mg (3.81%), Iron: 0.67mg (3.71%), Vitamin B1: 0.05mg (3.4%), Vitamin B2: 0.05mg (3.22%), Phosphorus: 31.89mg (3.19%), Calcium: 14.74mg (1.47%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.2mg (1.35%)