



Romaine Hearts with Pipián



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

Ingredients



3 new mexico chilies dried (4 to 5 in.)



0.5 cup lightly cilantro fresh packed



2 cloves garlic peeled



8 servings ice cubes



2 tablespoons red wine vinegar



0.5 cup roasted pumpkin seeds shelled (pepitas)



0.8 cup roma tomatoes chopped



24 romaine lettuce leaves rinsed (6 to 7 in.)

☐ 8 servings salt

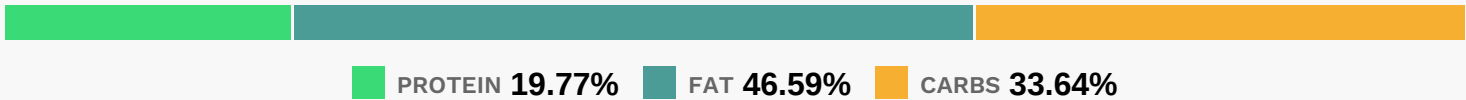
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Discard chili stems. Shake out and discard chili seeds. Put chilies in a bowl and pour 1 1/2 cups boiling water over them.
- ☐ Let stand until soft, 6 to 7 minutes.
- ☐ Meanwhile, in an 8- to 10-inch frying pan over high heat, stir or shake pumpkin seeds until they smell lightly toasted, 2 to 3 minutes.
- ☐ Put pumpkin seeds in a blender or food processor. Lift chilies from soaking liquid and add to blender.
- ☐ Add garlic, vinegar, tomatoes, and cilantro. Whirl, adding enough chili-soaking liquid (about 1/2 cup) to make pipin mixture thin enough to scoop but not drippy.
- ☐ Add salt to taste. Scrape pipin into a small bowl.
- ☐ Stand romaine lettuce leaves, stem ends down, in closely fitting bowl and drop ice cubes among the leaves to keep them crisp. To eat, scoop leaves into pipin dressing.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:17.189999777338%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 69.41kcal (3.47%), Fat: 4g (6.15%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 225.71mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin A: 7729.95IU (154.6%), Vitamin K: 93.66µg (89.2%), Vitamin C: 31.3mg (37.94%), Folate: 126.29µg (31.57%), Manganese: 0.54mg (26.86%), Magnesium: 59.81mg (14.95%), Phosphorus: 126.29mg (12.63%), Fiber: 2.81g (11.23%), Potassium: 382.22mg (10.92%), Iron: 1.69mg (9.4%), Vitamin B6: 0.18mg (9.17%), Copper: 0.18mg (9.16%), Vitamin B1: 0.09mg (5.88%), Zinc: 0.86mg (5.73%), Vitamin B2: 0.09mg (5.21%), Vitamin B3: 0.95mg (4.74%), Calcium: 40.19mg (4.02%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.23mg (2.25%), Selenium: 1.23µg (1.76%)