



Salsa Roja



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



15

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ancho chile peppers dried
- 3 tablespoons apple cider vinegar fresh
- 4 large garlic cloves unpeeled
- 0.8 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 onion quartered
- 8 roma tomatoes halved
- 2 teaspoons salt

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- broiler
- slotted spoon

Directions

- Preheat broiler with oven rack 5 inches from heat. Line a baking sheet with aluminum foil.
- Place garlic, tomatoes, and onion, cut sides down, on prepared baking sheet. Broil 5 minutes or until skins are blackened. Set aside.
- Wipe chiles clean with a damp cloth.
- Remove and discard seeds and stems. Peel garlic.
- Heat oil in a skillet over medium heat.
- Add chiles and cook, turning often, 2 minutes or until dark and toasted. (Do not burn.)
- Transfer chiles to a bowl; cover with 1 cup boiling water.
- Let stand 20 minutes or until softened.
- Transfer chiles to a food processor with a slotted spoon, reserving soaking liquid.
- Add reserved garlic, tomatoes, and onion. Pulse until finely chopped.
- Add salt, cumin, and lime juice; pulse until well blended.
- Add reserved soaking liquid if necessary to achieve desired consistency. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:13.829130385233%

Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 118.3kcal (5.92%), Fat: 3.59g (5.53%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 13.28g (4.83%), Sugar: 12.7g (14.11%), Cholesterol: 0mg (0%), Sodium: 337.98mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Vitamin A: 7693.57IU (153.87%), Fiber: 8.58g (34.34%), Vitamin K: 34.08µg (32.46%), Vitamin B2: 0.35mg (20.4%), Potassium: 619.94mg (17.71%), Vitamin C: 14.12mg (17.12%), Manganese: 0.3mg (15.1%), Vitamin B6: 0.27mg (13.62%), Vitamin B3: 2.64mg (13.21%), Iron: 1.89mg (10.53%), Vitamin E: 1.33mg (8.88%), Magnesium: 29.73mg (7.43%), Phosphorus: 56.55mg (5.65%), Folate: 20.67µg (5.17%), Copper: 0.09mg (4.5%), Vitamin B5: 0.31mg (3.11%), Vitamin B1: 0.04mg (2.7%), Zinc: 0.37mg (2.47%), Calcium: 20.39mg (2.04%), Selenium: 1.14µg (1.63%)