



 51%
HEALTH SCORE

Salsa Roja

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



3

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 anaheim chili dried stemmed seeded
- 1 ancho chili pepper dried stemmed seeded
- 2 sprigs cilantro leaves
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 2 chipotle chile dried stemmed seeded
- 3 garlic clove
- 1 juice of lime juiced

- 3 servings pepper black freshly ground
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion spanish sliced
- 1 tablespoon oregano dried
- 8 plum tomatoes quartered
- 1 tablespoon sugar
- 1 cup water hot

Equipment

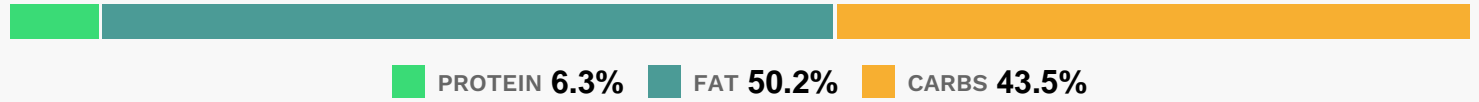
- bowl
- frying pan
- pot
- blender
- roasting pan
- broiler

Directions

- Tear all the chiles into large pieces and toast them in a large dry skillet over medium heat until they change color a bit, about 2 minutes.
- Add the spices and continue to toast for 2 to 3 minutes until everything is fragrant.
- Remove from heat and carefully add about 1 cup of hot water to just cover the chiles. Turn the heat to low and simmer for about 15 minutes.
- Preheat the broiler.
- Put the quartered tomatoes, sliced onion, and whole garlic cloves onto a roasting tray, spreading out evenly.
- Drizzle with plenty of olive oil and season well with salt and pepper and sprinkle with cilantro sprigs. Broil until everything is nicely charred, about 10 minutes (you want lots of deep rich color so don't be afraid if some of the edges get pretty black).
- Add the chile mixture to a blender and puree.

- Remove the tomato/onion mixture from the roasting pan and carefully add it to the blender,(it will be hot). Blend until smooth (you may need to work in 2 batches). Once everything is pureed, pour the mixture back into the pot over low heat adding a little water if the salsa is too thick. Stir in the sugar and lime juice and season with salt and pepper, to taste.
- Transfer to a large serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:79.7, Glycemic Load:5.59, Inflammation Score:-10, Nutrition Score:18.786521704301%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 266.23kcal (13.31%), Fat: 16.1g (24.78%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 21.71g (7.9%), Sugar: 17.57g (19.52%), Cholesterol: 0mg (0%), Sodium: 96.56mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin A: 4627.76IU (92.56%), Vitamin K: 49.6µg (47.23%), Vitamin C: 36.15mg (43.81%), Fiber: 9.69g (38.77%), Manganese: 0.58mg (29.21%), Vitamin E: 3.72mg (24.77%), Potassium: 774.41mg (22.13%), Iron: 3.62mg (20.09%), Vitamin B6: 0.34mg (17.02%), Magnesium: 52.33mg (13.08%), Vitamin B2: 0.21mg (12.37%), Vitamin B3: 2.29mg (11.47%), Folate: 43.89µg (10.97%), Copper: 0.21mg (10.59%), Calcium: 98.08mg (9.81%), Phosphorus: 94.99mg (9.5%), Vitamin B1: 0.12mg (7.77%), Zinc: 0.74mg (4.94%), Vitamin B5: 0.36mg (3.59%), Selenium: 1.69µg (2.41%)