



Salsa Roja



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves and tender stems fresh
- ☐ 3 garlic cloves
- ☐ 6 servings hot sauce
- ☐ 0.8 teaspoon kosher salt
- ☐ 6 servings olive oil extra-virgin
- ☐ 4 inch pasilla chile dried stemmed
- ☐ 0.3 teaspoon sugar
- ☐ 3 tomatoes ripe

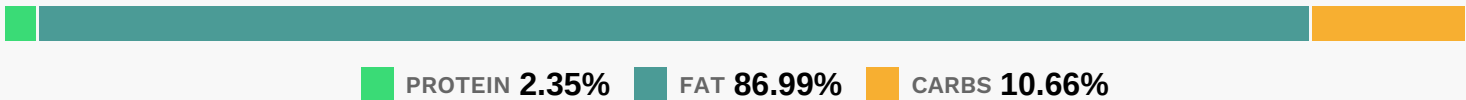
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ spatula

Directions

- ☐ Toast the pasilla chile in a small skillet over medium heat 2 to 4 minutes, flattening it with a spatula occasionally and turning it once or twice. (Do not burn.)
- ☐ Place chile in a small bowl, and cover with about 1 cup of very hot water.
- ☐ Let chile stand 30 minutes or until softened.
- ☐ Drain, reserving water, and set aside.
- ☐ Cut tomatoes in half crosswise and place, cut-sides up, in a rimmed pan.
- ☐ Add garlic, and drizzle with about 1 tablespoon oil.
- ☐ Broil about 8 inches from heat 10 to 15 minutes or until tops of tomatoes are slightly blackened.
- ☐ Let cool.
- ☐ Squeeze pulp from garlic cloves into a blender.
- ☐ Add pasilla chile, tomatoes, and juices from the pan.
- ☐ Add cilantro, salt, and sugar. Blend until smooth. If sauce is too thick, add a little of the reserved chile water. Season to taste with hot sauce.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:5.1086956638357%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 143.87kcal (7.19%), Fat: 14.41g (22.16%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 2.71g (0.99%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 299.06mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin A: 1208.1IU (24.16%), Vitamin K: 17.45µg (16.62%), Vitamin E: 2.38mg (15.89%), Vitamin C: 9.44mg (11.44%), Vitamin B6: 0.14mg (7.08%), Manganese: 0.13mg (6.42%), Potassium: 196.69mg (5.62%), Fiber: 1.26g (5.04%), Vitamin B2: 0.07mg (4.1%), Folate: 12.98µg (3.25%), Iron: 0.46mg (2.57%), Vitamin B3: 0.51mg (2.56%), Copper: 0.05mg (2.56%), Magnesium: 9.7mg (2.43%), Phosphorus: 22.23mg (2.22%), Vitamin B1: 0.03mg (1.97%), Calcium: 11.73mg (1.17%), Zinc: 0.15mg (1.02%)