

Serrano Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apple cider vinegar
- 1 cup cilantro leaves chopped
- 0.3 cup juice of lime freshly squeezed
- 1 tablespoon salt
- 16 serrano chiles diced peeled seeded
- 1 tablespoon sugar
- 0.3 cup vegetable oil
- 1 cup onion white minced

4 allspice whole

Equipment

frying pan

sauce pan

Directions

In small saucepan, combine the vinegar, sugar, and allspice and simmer until the sugar dissolves. Set aside.

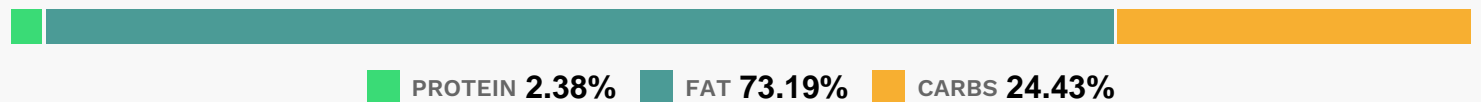
Heat the oil in a medium-size skillet over medium heat; stir in the onion and cook until translucent, about 4 minutes.

Add the serranos, allspice-vinegar syrup, and salt and gently simmer until the mixture binds together, 8 to 10 minutes.

Cool, fold in the lime juice and cilantro, scrape into a food processor, and process until blended but still slightly chunky. Taste to adjust the salt, if needed.

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Nutrition Facts



Properties

Glycemic Index: 92.05, Glycemic Load: 6.32, Inflammation Score: -8, Nutrition Score: 12.831739176875%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 28.3mg, Quercetin: 28.3mg, Quercetin: 28.3mg, Quercetin: 28.3mg

Nutrients (% of daily need)

Calories: 346.37kcal (17.32%), Fat: 27.64g (42.52%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 17.24g (6.27%), Sugar: 12.28g (13.64%), Cholesterol: 0mg (0%), Sodium: 3506.69mg (152.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.05%), Vitamin K: 81.08µg (77.22%), Vitamin C: 38.79mg (47.01%), Manganese: 0.55mg (27.26%), Vitamin A: 1007.41IU (20.15%), Vitamin E: 2.84mg (18.95%), Vitamin B6: 0.36mg (18.11%), Fiber: 3.52g (14.1%), Potassium: 430.44mg (12.3%), Folate: 34.3µg (8.57%), Magnesium: 29.4mg (7.35%), Copper: 0.13mg (6.65%), Phosphorus: 60.26mg (6.03%), Iron: 1.04mg (5.78%), Vitamin B1: 0.08mg (5.06%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.08mg (4.66%), Calcium: 45.18mg (4.52%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.38mg (2.56%), Selenium: 0.86µg (1.23%)