

Smoky Hot Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



178 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons adobo sauce from can
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 chicken bouillon cube
- ☐ 1 chipotle pepper in adobo sauce canned
- ☐ 4 teaspoons garlic minced
- ☐ 1 teaspoon hot sauce
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 1.5 lb tomatoes coarsely chopped
- ☐ 10 servings tortilla chips
- ☐ 0.8 cup water

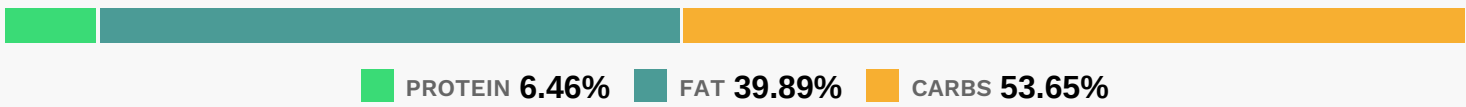
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Saut onion in hot olive oil in a large saucepan over medium-high heat 5 minutes or until softened; add garlic, and saut 1 minute. Stir in tomatoes and next 7 ingredients. Bring to a boil; reduce heat, and simmer, stirring occasionally, 25 minutes.
- ☐ Remove from heat, and cool slightly.
- ☐ Remove chipotle pepper, if desired. Process tomato mixture in a food processor or blender until smooth. Cover and chill at least 8 hours.
- ☐ Serve at room temperature with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:5.9056521610397%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 177.85kcal (8.89%), Fat: 8.16g (12.56%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 21.89g (7.96%), Sugar: 3.14g (3.49%), Cholesterol: 0.05mg (0.02%), Sodium: 879.03mg (38.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.95%), Vitamin C: 11.32mg (13.72%), Vitamin K: 12.44µg (11.84%), Vitamin A: 576.63IU (11.53%), Fiber: 2.81g (11.23%), Vitamin E: 1.66mg (11.07%), Phosphorus: 87.9mg (8.79%), Magnesium: 34.25mg (8.56%), Potassium: 249.29mg (7.12%), Vitamin B6: 0.14mg (6.92%), Manganese: 0.12mg (6%), Vitamin B1: 0.08mg (5.04%), Calcium: 48.33mg (4.83%), Iron: 0.84mg (4.66%), Folate: 16.93µg (4.23%), Vitamin B5: 0.42mg (4.21%), Copper: 0.08mg (4.06%), Zinc: 0.55mg (3.7%), Vitamin B3: 0.69mg (3.46%), Selenium: 1.7µg (2.43%), Vitamin B2: 0.04mg (2.41%)