



Yucatán-Style Habanero Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 pepper flakes fresh
- ☐ 2 heads cloves separated unpeeled
- ☐ 2 teaspoons kosher salt plus more
- ☐ 1.3 cups juice of lime fresh

Equipment

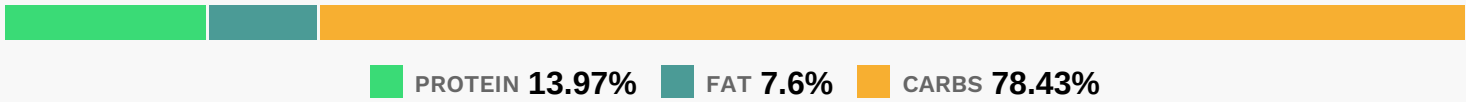
- ☐ bowl
- ☐ frying pan
- ☐ blender

☐ broiler

Directions

- ☐ Char chiles in broiler or over a gas flame until blackened all over.
- ☐ Place in a medium bowl; cover with plastic.
- ☐ Let steam for 15 minutes.
- ☐ Meanwhile, heat a large dry cast-iron skillet over medium-high heat. Toast garlic until tender and skins are charred, about 8 minutes.
- ☐ Let cool.
- ☐ Wearing gloves, peel chiles; discard stems. Peel garlic cloves.
- ☐ Pulse chiles, garlic, lime juice, and 2 tsp. salt in a blender until a coarse purée forms. Season with salt.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:4.63, Inflammation Score:-9, Nutrition Score:13.528260754502%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 66.39kcal (3.32%), Fat: 0.68g (1.04%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 13.39g (4.87%), Sugar: 8.1g (9%), Cholesterol: 0mg (0%), Sodium: 595.47mg (25.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin C: 213.42mg (258.69%), Vitamin B6: 0.73mg (36.35%), Vitamin A: 1358.06IU (27.16%), Manganese: 0.42mg (21.08%), Vitamin K: 20.27µg (19.3%), Potassium: 499.72mg (14.28%), Copper: 0.19mg (9.65%), Fiber: 2.35g (9.38%), Folate: 36.19µg (9.05%), Vitamin B3: 1.81mg (9.03%), Magnesium: 36.03mg (9.01%), Iron: 1.52mg (8.43%), Vitamin B2: 0.13mg (7.48%), Vitamin B1: 0.11mg (7.41%), Vitamin E: 1.08mg (7.17%), Phosphorus: 66.02mg (6.6%), Vitamin B5: 0.33mg (3.3%), Zinc: 0.4mg (2.69%), Calcium: 26.92mg (2.69%), Selenium: 0.76µg (1.09%)