

Green Chile Sauce II

50 Burger Toppings
Food Network Magazine

1 can (4 ounce) whole green chiles,
drained
1/4 cup fresh cilantro
1 scallion, sliced
1 tablespoon lime juice
1 teaspoon honey
1/2 teaspoon Kosher salt
pinch dried oregano
salt (to taste)
pepper (to taste)
green hot sauce (to taste)

In a food processor, pulse the green chiles,
cilantro, scallion, lime juice, honey, Kosher salt
and oregano.

Season with salt, pepper and green hot sauce.

Can be used as a hamburger topping.

Per Serving (excluding unknown
items): 31 Calories; trace Fat (0.9%
calories from fat); trace Protein; 8g
Carbohydrate; 1g Dietary Fiber;
0mg Cholesterol; 945mg Sodium.
Exchanges: 0 Vegetable; 0 Fruit;
1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	31
% Calories from Fat:	0.9%
% Calories from Carbohydrates:	94.2%
% Calories from Protein:	4.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	945mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 83mg
Calcium (mg): 15mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 319IU
Vitamin A (r.e.): 32RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 31 **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	945mg	39%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	2%
Protein	trace	
Vitamin A		6%
Vitamin C		15%
Calcium		2%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.