

# Red Chile Sauce

Tamar Haspel - Marstons Mills, MA  
Relish Magazine - September, 2013

## Yield: 1 to 1-1/2 cups

*dried red chile peppers (Packaged dried red chiles are almost black.)*

*5 cloves garlic, chopped*

*1 tablespoon oil*

*water*

*1/2 teaspoon salt*

Remove the stems and seeds from the dried red chiles. Tear into pieces.

Saute' the garlic cloves in the oil until browned. Add the chiles and water to cover. Bring to a boil, then cover and let soak for 15 minutes.

Drain, reserving the liquid.

Put the solids and salt in a blender or food processor. Add 3/4 cup of the reserved liquid. Puree'. If the sauce is too thick, add a little more liquid.

*Likely made from Hatch chile peppers, a long, curvy pepper with mild or moderate heat, named after the New Mexico town famous for growing them. Red chile sauce can also be made from dried Ancho, Guajillo or Pasilla peppers.*

*For red chile sauce, the peppers are allowed to ripen, or turn red, and are then dried. They are then called ancho chile peppers. The sauce is made by rehydrating the peppers and puree'ing them with seasonings.*

*Use red chile sauce over enchiladas, chile rellenos, buenos rancheros, pinto beans, pulled pork and posole.*

## Sauces and Condiments

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Per Serving (excluding unknown items): 143 Calories; 14g Fat (83.9% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1068mg Sodium. Exchanges: 1 Vegetable; 2 1/2 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	143	Vitamin B6 (mg):	.1mg
% Calories from Fat:	83.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	13.5%	Thiamin B1 (mg):	0mg
% Calories from Protein:	2.6%	Riboflavin B2 (mg):	0mg
Total Fat (g):	14g	Folacin (mcg):	trace
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	on n/a

Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1068mg
Potassium (mg):	60mg
Calcium (mg):	34mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	143	Calories from Fat: 120
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### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	2g	8%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1068mg	45%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		8%
<b>Calcium</b>		3%
<b>Iron</b>		1%

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