

# Green Chile Sauce

Tamar Haspel - Marstons Mills, MA  
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## Yield: 2 1/2 cups

5 green chile peppers  
1 onion, chopped  
2 cloves garlic, chopped  
2 tablespoons oil  
5 teaspoons flour  
1/2 teaspoon coriander  
2 cups chicken broth  
1/2 teaspoon salt  
1 teaspoon lime juice

Preheat the oven to 400 degrees.

Roast the chile peppers for 10 to 20 minutes, until the skins blacken and blister.

Steam the peppers in a sealed bag for 10 minutes. Peel and chop.

In a skillet, saute' the onion and garlic in the oil. Add the flour and coriander. Cook for 4 minutes. Add the peppers, chicken broth, salt and lime juice. Puree' in a blender or food processor.

*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. Green chile sauce can also be made from Anaheim, Cubanelle or Poblano peppers.*

*For green chile sauce, the unripe green peppers are roasted and then chopped. They're cooked with onion and garlic, simmered in broth, thickened with a little flour, and then puree'd into sauce.*

*Use green chile sauce in chicken enchilada casserole or with scrambled eggs and tortillas, polenta and pulled pork.*

## Sauces and Condiments

Per Serving (excluding unknown items): 417 Calories; 30g Fat (65.2% calories from fat); 13g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2597mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Fruit; 5 1/2 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	417
% Calories from Fat:	65.2%
% Calories from Carbohydrates:	22.7%
% Calories from Protein:	12.1%
Total Fat (g):	30g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	17g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	35mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	0

Polyunsaturated Fat (g):	6g
Cholesterol (mg):	0mg
Carbohydrate (g):	24g
Dietary Fiber (g):	3g
Protein (g):	13g
Sodium (mg):	2597mg
Potassium (mg):	630mg
Calcium (mg):	62mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	10mg
Vitamin A (i.u.):	5IU
Vitamin A (r.e.):	1/2RE

% Daily Values\* 0 0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1
Vegetable:	2
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 417 Calories from Fat: 272

### % Daily Values\*

<b>Total Fat</b>	30g	47%
Saturated Fat	4g	20%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2597mg	108%
<b>Total Carbohydrates</b>	24g	8%
Dietary Fiber	3g	10%
<b>Protein</b>	13g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		17%
<b>Calcium</b>		6%
<b>Iron</b>		11%

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