

# Chipotle Sauce

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chipotle-sauce-recipe-with-greek-yogurt>

## Ingredients:

- 2 tomatoes
- 2 chipotles from a can - more if you want it hotter
- 1/2 cup water
- 2 sprigs fresh cilantro chopped

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 19 grams
3. Fat: 1 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. Sodium: 30 milligrams
7. Sugar: 12 grams

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