



Ancho Chile Pesto with Queso Fresco

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



498 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 2 ancho chiles stemmed seeded
- 2 tablespoons canola oil
- 2 servings cayenne pepper
- 4 large garlic cloves unpeeled
- 1 tablespoon heavy cream
- 0.1 teaspoon oregano dried
- 2 servings pepper freshly ground
- 0.3 cup pinenuts

- 2.5 ounces queso fresco crumbled
- 2 servings salt and pepper black freshly ground
- 2 servings water boiling

Equipment

- food processor
- bowl
- frying pan
- oven

Directions

- Preheat the oven to 37
- Spread the pine nuts in a pie plate and bake for about 2 minutes, or until they are lightly toasted.
- Transfer to a plate and let cool completely.
- In a small heatproof bowl, cover the anchos with boiling water and let soak until softened, about 10 minutes.
- Drain the chiles, reserving 2 tablespoons of the soaking liquid.
- Meanwhile, in a small skillet (not nonstick), cook the garlic cloves over moderate heat until softened and blackened in spots, about 10 minutes.
- Let cool slightly, then peel.
- In a mini food processor, combine the garlic cloves, reconstituted ancho chiles, reserved chile soaking liquid, pine nuts and oregano. Pulse until the mixture is finely chopped. With the machine on, add the peanut oil and process until a chunky paste forms.
- Add the queso fresco and the heavy cream, season with salt, pepper and cayenne and pulse to blend.
- Transfer to an airtight container and refrigerate for up to 1 week.
- Spread on the inside of softened corn tortillas when making enchiladas or fajitas. Toss with steamed or sauted vegetables. Use as a condiment with grilled steaks, chicken or pork.
- Add to sour cream or Greek-style yogurt for a quick dip.

Mix with ground meat as a seasoning for meatballs.

Make Ahead: The ancho chile pesto can be refrigerated in an airtight container for up to 5 days.

Nutrition Facts

PROTEIN 10.03% **FAT 66.38%** **CARBS 23.59%**

Properties

Glycemic Index:65.5, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:28.011304067529%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 498.32kcal (24.92%), Fat: 39.1g (60.16%), Saturated Fat: 8.51g (53.21%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 19.82g (7.21%), Sugar: 16.29g (18.1%), Cholesterol: 32.93mg (10.98%), Sodium: 313.86mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.59%), Vitamin A: 10507.52IU (210.15%), Manganese: 1.95mg (97.49%), Vitamin K: 60.35µg (57.48%), Fiber: 11.44g (45.77%), Vitamin E: 5.95mg (39.67%), Vitamin B2: 0.56mg (33.03%), Phosphorus: 309mg (30.9%), Potassium: 876.66mg (25.05%), Calcium: 247.77mg (24.78%), Vitamin B6: 0.45mg (22.71%), Magnesium: 89.77mg (22.44%), Vitamin B3: 4.01mg (20.07%), Iron: 3.45mg (19.16%), Copper: 0.38mg (19.09%), Vitamin C: 14.57mg (17.66%), Zinc: 2.53mg (16.84%), Selenium: 9.45µg (13.5%), Vitamin B12: 0.61µg (10.12%), Vitamin B1: 0.13mg (8.34%), Folate: 29µg (7.25%), Vitamin D: 1.08µg (7.18%), Vitamin B5: 0.57mg (5.73%)