



Drunken Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



61 kcal

SAUCE

Ingredients

- ☐ 0.3 cup flat beer
- ☐ 3 pasilla chiles stemmed seeded chopped
- ☐ 1 ounce feta cheese crumbled finely
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 tablespoon rice wine vinegar
- ☐ 6 servings try build-a-meal
- ☐ 0.5 teaspoon salt

- ☐ 6 medium size tomatillos fresh
- ☐ 1 tablespoon vegetable oil

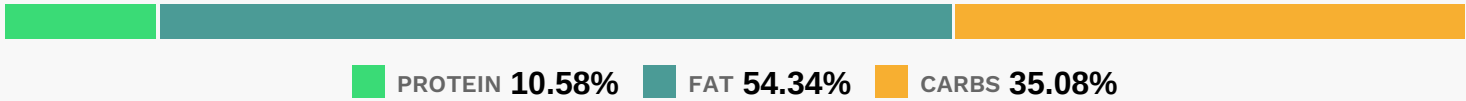
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine tomatillos, chiles, and water to cover in a saucepan. Bring to a boil. Reduce heat, and cook, covered, 5 to 7 minutes or until tender.
- ☐ Drain. Allow to cool for 5 minutes.Pulse tomatillo mixture, garlic, and next 5 ingredients 3 or 4 times in a blender until chopped. Stir in cheese.*1 large dried ancho chile may be substituted.**Cotija cheese may be substituted for feta. Look for it in Latin markets.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:5.851304349692%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 61.33kcal (3.07%), Fat: 3.77g (5.79%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.55g (2.83%), Cholesterol: 4.21mg (1.4%), Sodium: 250.58mg (10.89%), Alcohol: 0.38g (100%), Alcohol %: 0.63% (100%), Protein: 1.65g (3.3%), Vitamin C: 36.47mg (44.21%), Vitamin K: 11.94µg (11.37%), Manganese: 0.18mg (9.06%), Vitamin B6: 0.17mg (8.47%), Vitamin A: 275.89IU (5.52%), Vitamin B3: 1.07mg (5.36%), Potassium: 180.63mg (5.16%), Fiber: 1.29g (5.16%), Phosphorus: 47.62mg (4.76%), Vitamin B2: 0.08mg (4.59%), Magnesium: 16.54mg (4.13%), Vitamin E: 0.52mg (3.49%), Iron: 0.61mg (3.4%), Copper: 0.07mg (3.38%), Calcium: 33.54mg (3.35%), Vitamin B1: 0.04mg (2.88%), Folate: 10.22µg (2.55%), Selenium: 1.65µg (2.35%),

Zinc: 0.34mg (2.25%), Vitamin B5: 0.17mg (1.65%), Vitamin B12: 0.08µg (1.36%)