



Salsa Borracha

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ancho chiles dried
- 0.3 cup feta cheese crumbled
- 1 garlic clove minced
- 0.3 cup olive oil
- 1 cup orange juice fresh
- 4 servings salt and pepper black freshly ground
- 0.5 cup golden tequila

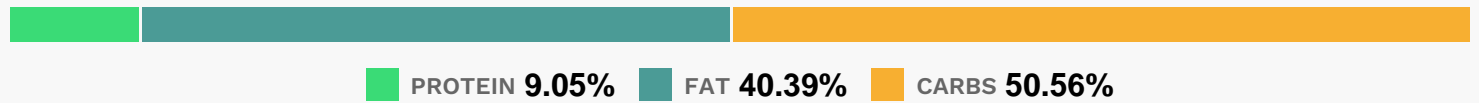
Equipment

- bowl
- frying pan
- blender

Directions

- Watch how to make this recipe.
- Cook the chiles in a dry saute pan over high heat turning constantly until slightly toasted, about 2 minutes.
- Remove from the heat and when cool enough to handle, cut them in half and remove the seeds. Tear them into small pieces and add them to a blender.
- Add the orange juice, tequila, garlic and olive oil to the blender. Puree the salsa and add it to the same saute pan used to toast the chiles. Cook until slightly thickened, about 5 minutes. Season the salsa with salt and freshly ground black pepper. Cool completely.
- Transfer to a serving bowl and top with crumbled anejo cheese.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:28.197391199029%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 471.22kcal (23.56%), Fat: 19.76g (30.4%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 35.41g (12.88%), Sugar: 33.96g (37.73%), Cholesterol: 8.84mg (2.95%), Sodium: 65.12mg (2.83%), Alcohol: 10.02g (100%), Alcohol %: 6.88% (100%), Protein: 9.96g (19.92%), Vitamin A: 18725.12IU (374.5%), Fiber: 20.26g (81.02%), Vitamin K: 84.11µg (80.1%), Vitamin C: 53.21mg (64.5%), Vitamin B2: 0.86mg (50.84%), Potassium: 1438.07mg (41.09%), Vitamin B3: 6.33mg (31.63%), Manganese: 0.61mg (30.7%), Vitamin B6: 0.6mg (30.08%), Vitamin E: 4.17mg (27.79%), Iron: 4.46mg (24.79%), Magnesium: 68.78mg (17.19%), Folate: 54.34µg

(13.58%), Phosphorus: 124.35mg (12.43%), Copper: 0.2mg (9.84%), Calcium: 84.39mg (8.44%), Vitamin B5: 0.79mg (7.93%), Vitamin B1: 0.12mg (7.73%), Zinc: 0.77mg (5.11%), Selenium: 2.62µg (3.75%)