



Salsa Borracha



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ancho chili pepper
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 4 tablespoons olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup tequila

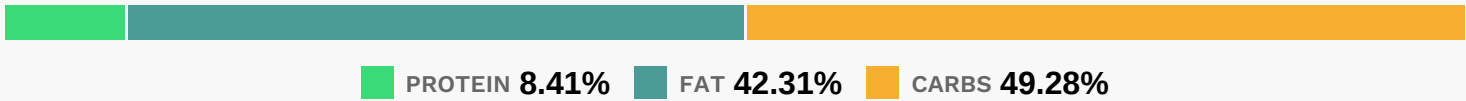
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook the chiles in a dry sauté pan over high heat, turning them constantly, for 2 minutes, or until slightly toasted. Halve and seed the chiles. Tear them into small pieces and transfer the pieces to a blender.
- ☐ Add the orange juice, tequila, garlic, and 2 tablespoons of the olive oil to the blender. Puree until the salsa is nearly smooth.
- ☐ Heat the remaining 2 tablespoons olive oil in a sauté pan over high heat.
- ☐ Add the salsa and cook for 5 minutes, or until slightly thickened. Season the salsa with salt and pepper.
- ☐ Let it cool completely. (The salsa can be made 1 day ahead. Cover the sauce and keep it in the fridge.)
- ☐ Serve the salsa topped with the crumbled añejo cheese.
- ☐ Reprinted with permission from Fresh Mexico: 100 Recipes for True Mexican Flavor by Marcela Valladolid, © 2011 Clarkson Potter a division of Random House, Inc. Marcela Valladolid is the host of Discovery Travel and Living's Relatos con Sabor (Stories with Flavor), which airs in every Latin American country and on Discovery Familia in the United States. Raised in Tijuana, Mexico, she attended the Los Angeles Culinary Institute and later the Ritz–Escoffier Cooking School in Paris. A former recipe editor/tester at Bon Appétit magazine, she became widely known after appearing as a contestant on The Apprentice: Martha Stewart. She and her young son divide their time between Tijuana and San Diego.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:27.828695390535%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 460.02kcal (23%), Fat: 20.15g (31%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 32.61g (11.86%), Sugar: 31.35g (34.84%), Cholesterol: 8.34mg (2.78%), Sodium: 171.61mg (7.46%), Alcohol: 10.02g (100%), Alcohol %: 8.18% (100%), Protein: 9.01g (18.02%), Vitamin A: 18643.78IU (372.88%), Fiber: 20.19g (80.77%), Vitamin K: 84.54µg (80.52%), Vitamin B2: 0.93mg (54.95%), Vitamin C: 37.71mg (45.71%), Potassium: 1381.89mg (39.48%), Vitamin B3: 6.3mg (31.48%), Vitamin B6: 0.63mg (31.45%), Manganese: 0.61mg (30.62%), Vitamin E: 4.24mg (28.3%), Iron: 4.46mg (24.8%), Magnesium: 67.15mg (16.79%), Phosphorus: 150.67mg (15.07%), Folate: 48.04µg (12.01%), Copper: 0.19mg (9.31%), Calcium: 83.07mg (8.31%), Vitamin B5: 0.82mg (8.25%), Vitamin B1: 0.1mg (6.83%), Zinc: 1.02mg (6.81%), Selenium: 4µg (5.71%), Vitamin B12: 0.16µg (2.64%)