



Salsa Borracho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 ancho chili dried



0.5 ounce new mexico chillies dried (2 to 4)



3 tablespoons cilantro leaves fresh chopped



2 cloves garlic peeled



1 tablespoon jalapeño chili fresh chopped



2 tablespoons juice of lime



0.3 cup onion chopped



8 servings salt

- ☐ 1 tablespoons tequila
- ☐ 3 firm-ripe tomatoes cored

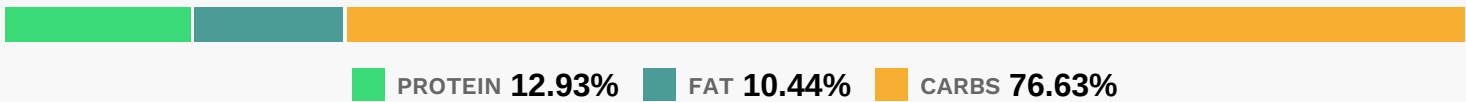
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Bake dried chilies in a rimmed pan in a 250 oven until fragrant, 4 to 5 minutes. Cool briefly, then break off and discard stems. Shake out and discard seeds.
- ☐ Place chilies in a bowl and pour 1 cup boiling water over them.
- ☐ Let stand until soft, about 10 minutes.
- ☐ Meanwhile, broil tomatoes in a rimmed pan about 4 inches from heat, turning as needed, until charred, 5 to 8 minutes.
- ☐ Let cool.
- ☐ With a slotted spoon, transfer soaked chilies to a blender or food processor. Pure until smooth, adding about 3 tablespoons of the soaking water to blend smoothly. Discard remaining water.
- ☐ Add to blender the roasted tomatoes, onion, garlic, lime juice, and fresh chili. Whirl until coarsely pured. Season to taste with tequila and salt, then stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:4.8760869477106%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 32.15kcal (1.61%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.16g (1.51%), Sugar: 3.46g (3.85%), Cholesterol: 0mg (0%), Sodium: 200.78mg (8.73%), Alcohol: 0.63g (100%), Alcohol %: 1.2% (100%), Protein: 1.04g (2.08%), Vitamin A: 1592.32IU (31.85%), Vitamin C: 14.23mg (17.25%), Vitamin K: 9.49µg (9.04%), Fiber: 2.01g (8.03%), Potassium: 217.04mg (6.2%), Manganese: 0.11mg (5.74%), Vitamin B6: 0.11mg (5.31%), Vitamin B2: 0.07mg (3.96%), Vitamin B3: 0.72mg (3.59%), Vitamin E: 0.48mg (3.2%), Folate: 11.5µg (2.88%), Magnesium: 10.64mg (2.66%), Iron: 0.44mg (2.46%), Copper: 0.05mg (2.32%), Phosphorus: 22.55mg (2.25%), Vitamin B1: 0.03mg (1.84%), Vitamin B5: 0.11mg (1.08%), Calcium: 10.31mg (1.03%), Zinc: 0.15mg (1.02%)