



Salsa with Tequila-Soaked Currants

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 chayotes –halved lengthwise pitted cut into 1/4-inch dice (1 pound total)
- 2 pints cherry tomatoes coarsely chopped
- 0.5 cup cilantro leaves coarsely chopped
- 0.5 cup currants dried
- 3 garlic cloves minced
- 3 jalapeños minced seeded
- 1 medium onion red minced
- 8 servings salt and pepper freshly ground

0.3 cup tequila

Equipment

bowl

sauce pan

Directions

In a small saucepan, bring the tequila to a simmer.

Remove from the heat, add the currants and let soak for 10 minutes; drain. In a medium saucepan of boiling salted water, blanch the chayotes for 1 minute; drain and let cool.

In a medium bowl, toss the chayote, tequila-soaked currants, tomatoes, onion, garlic, jalapeos and cilantro. Season the salsa liberally with salt and pepper and serve.

Make Ahead: The unseasoned salsa can be refrigerated for up to 1 day. Bring the salsa to room temperature and season just before serving.

Notes: One serving: Calories 39 kcal, Total Fat 3 gm, Saturated Fat 0 gm, Protein 1 gm, Carbohydrates 8 gm

Nutrition Facts



PROTEIN 11.26% **FAT 3.01%** **CARBS 85.73%**

Properties

Glycemic Index:20.13, Glycemic Load:2.09, Inflammation Score:-7, Nutrition Score:7.9408695438634%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 79.92kcal (4%), Fat: 0.24g (0.36%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 12.98g (4.72%), Sugar: 9.92g (11.02%), Cholesterol: 0mg (0%), Sodium: 212.77mg (9.25%), Alcohol: 2.51g (100%), Alcohol %: 1.68% (100%), Protein: 2g (3.99%), Vitamin C: 37.8mg (45.82%), Vitamin A: 709.48IU (14.19%), Manganese: 0.28mg (13.83%), Folate: 51.65µg (12.91%), Potassium: 412.07mg (11.77%), Vitamin B6: 0.2mg

(9.96%), Fiber: 2.22g (8.87%), Vitamin K: 9.11µg (8.67%), Copper: 0.17mg (8.56%), Iron: 1.17mg (6.5%), Vitamin E: 0.93mg (6.19%), Phosphorus: 55.83mg (5.58%), Vitamin B3: 1.03mg (5.17%), Vitamin B1: 0.08mg (5.14%), Magnesium: 20.56mg (5.14%), Vitamin B2: 0.06mg (3.47%), Calcium: 33.16mg (3.32%), Zinc: 0.5mg (3.3%), Vitamin B5: 0.28mg (2.85%), Selenium: 0.98µg (1.4%)